



GRAMMAR
QUARTERLY

TERM 1 | 2022

*Developing a Growth
Mindset*



GRAMMAR

TERM 2

Tuesday 19 April – Friday 17 June

APRIL

Tuesday 19	Term 2 commences
Friday 22	Anzac Day Assembly
Monday 25	Anzac Day (Public Holiday)
Wednesday 27	French Film Festival
Friday 29	Space Camp 2023 Info Session

May

Monday 2	Labour Day (Public Holiday)
Tuesday 3	District Cross Country
Wednesday 4	Prep First Chapel
Thursday 5	Mother Daughter Breakfast
Thursday 5	Mother's Day Stall
Thursday 5	P&F AGM & General Meeting
Friday 6	P-Yr3 Mother's Day Chassembly
Sunday 8	Mothers Day
Tuesday 10 - 20	NAPLAN Testing
Thursday 19	Yr 3-6 Athletics Carnival
Friday 20	Primary School Open Day
Sunday 22	Primary Family Chapel Service
Wednesday 25	National simultaneous story time
Friday 27 - 3	Reconciliation Week
Monday 30	Residential Living Expo
Tuesday 31	Regional Cross Country

June

Friday 3	Grammar Music Festival
Thursday 9	Primary Gala Day
Friday 10	Nambour Show Day (Public Holiday)
Wednesday 15	Secondary House Athletics
Thursday 16	Secondary House Athletics
Friday 17	Principal's Commissioning / Foundation Day
Sunday 19 - 2	Ocean School Expedition

GRAMMAR PARENTS & FRIENDS

Welcomes our new Principal Mrs Anna Owen

We had a wonderful evening reconnecting with friends and welcoming new Grammar families at our P&F event. Our Principal, Mrs Anna Owen, spoke about her vision for our school, and how we will move forward together and embrace the future.



AVAILABLE FOR DOWNLOAD



Search: Sunshine Coast Grammar School



Welcome

Mrs Anna Owen

Fourth Principal to lead Sunshine Coast Grammar School

I commit to you that I understand the importance of taking over the mantle of Principal, just 25 years since Sunshine Coast Grammar School was founded. Schools of this age have a certain personality – somewhat like an adolescent. A very similar journey to young human beings. Not on the same chronological timeline as humans, but the phases are remarkably similar. Great significant leaps for the first few years, a slowing and deepening, from demountables to permanent roots and buildings, a culture and a personality emerging for the next few years, but in the 25-30th year schools hit adolescence – extraordinary moments, great potential. This is a time where schools are brave, seen as risk-takers at times as they test the unique entity they intend to be – young, so agile, but there is a seasoning and seriousness.

My hope as Principal is that looking back on their school days our students will remember compassion, kindness, encouragement, empathy, challenge and humour in equal measures. That they will be a performer as much as an audience member, and rarely an online onlooker. That they will find enjoyment in the struggles and they will have learned to give their personal best.

In my role as Principal, I believe we all must continue to challenge ourselves to be better at leading people. Leaders represent the goals and leaders tell the story of the goals. However, leading is not about being in charge, but about taking care of those in your charge. Leading is distributed in truly strategic organisations. At Grammar, leadership goals are that we put our colleagues and our students first. Keeping the team together supports and strengthens our community.

Thank you for welcoming me, and I too welcome you to this exciting time in our school's history; understanding our history and respecting it. We will collectively write that history and shape a school that is defensible and enduring for hundreds of years to come.

It is my belief that educating young people in a young school at this time in the world's history is a privilege. It goes without saying that we have had a tricky couple of years, goodness, we have had a tricky term, and as we turn our attention increasingly to the future, with a hope of some certainty, we know that we need to become the people we were hoping would lead us. Also, and many of you are experiencing this in your workplaces, the future of work is under review, with significant impacts of global power struggles, AI and impacts of the pandemic. The future of work will inform the future of education, it must, and we are in the right school, that as a young but well-established school, is perfectly poised to flex and pivot as new opportunities come to hand. Contemporary schools such as Grammar are now in an alliance with parents, where we teach young people to know the difference between finding a job you love, to finding a purpose that becomes your job.

As we co-create our new Strategic Design this year, we will wrestle with these issues together and move through the years ahead, with wisdom and strength as the lines between school, home and community bend and blur both regionally and globally, as we look ahead to a world of opportunities. Community, regardless of how much we fear the changing contexts, is a shared experience and a common focus. It is with a great sense of honour, a depth of gratitude and a deep understanding of the breadth of responsibility of the office that I commence my time at Sunshine Coast Grammar School, and I look forward to meeting both you and your children as the year progresses.





A COMMUNITY CONNECTED THROUGH KINDNESS AND CIVILITY.

Why does kindness and civility pay? People will see you as warm and competent, friendly and smart. In other words, being civil isn't just about motivating others. It's about you. If you're civil, you're more likely to be seen as a leader. So where do you start? How can you lift people up and make people feel respected? Small things can make a big difference. Thanking people, sharing credit, listening attentively, humbly asking questions, acknowledging others and smiling all have an impact.

An article, (A year of healing - here's what our Google searches can teach us about 2021 the collaboration with the World Economic Forum authored by Kayleigh Bateman, Senior Writer, Formative Content) reported that global searches for

mental health reached the highest level ever last year. 'How to cure burnout' was a breakout US search, meaning it increased at least 5,000% compared with the prior time period. Several mental health-related queries also reached record levels. 'Mental health', 'healing' and 'pulling together' were key themes of 2021, according to the world's most popular search engine. Also reported was the wonderful surprise that the world remains optimistic with notable searches including: "how to heal", "how to stay strong", "how to make a comeback", "how to be resilient" and "how to be hopeful".

Kindness shone through as people searched for ways to connect and contribute, the top trending 'volunteer opportunity' searched worldwide, and "how to help your community" grew in popularity, as people looked for ways to offer their help. Mental health, self-healing and better lifestyles encapsulate the world search top hits. If the pandemic has taught us anything, we need to get back to basics, reset our brain, hearts, spirit and minds. We must look after our connections with others, as well as ourselves, through kindness and civility within our community. We need to embrace our Christian teachings and take care of our relationships and everything else will fall into place.

Acknowledgement: Professor Christine Porath, author of 'Mastering Civility: A Manifesto for the Workplace'.

Schools are communities and Grammar is well known for its enduring sense of community. Our connectedness is linked to a shared purpose between the school, students and families.

This term, I have been visiting year level assemblies, and interacting with groups of students and staff at events and carnivals. I have spent most of the time laughing and smiling because our community is exciting, clever and funny.

How we learn to interact with those around us is developed through trial and error, and how you treat others means everything. Either you lift people up by respecting them, making them feel valued, appreciated and heard, or you hold people down by making them feel small, insulted, disregarded or excluded.

Kindness and civility in a community lift the whole community. Kindness and civility must be encouraged as incivility is a bug. It's contagious, and we become carriers of it just by being around it. It affects our emotions, our motivation, our performance and how we treat others. There's a strong argument for persevering in the war against incivility.

Does civility pay? Yes, it does. And being civil does not just mean that you are not a difficult person. Not holding someone down is not the same as lifting them up. Being truly civil means doing the small things, like smiling and saying hello, and listening fully when someone is speaking to you. Of course, you can have strong opinions, disagree, have conflict or give negative feedback – but civilly, with respect.



Hard work and determination are vital in creating a growth mindset

By Mr Darren MacLed-Paterson, Head of Secondary

The challenge for all educators is to create an environment where our students view their skillset as something that can always be expanded and improved upon. The virtues of hard work and determination play a vital role in creating a growth mindset. The past few years have certainly shown all of us how important it is to be flexible and agile. A fixed one-dimensional approach to doing things would not have allowed us to flourish in times of challenge.

During the course of Term One the Secondary wellbeing program has looked carefully at setting up routines for success. The underpinning theme is that our students can always improve on their past performances. Understanding the value of feedback, and trialling new approaches and techniques towards study, can improve outcomes.

Students with a growth mindset believe that ability can change as a result of effort, perseverance and practice. Whilst they may acknowledge that something is difficult, they also understand that with practice they can get better. Students with a growth mindset see mistakes as ways to learn, embrace challenges, and persist in the face of setbacks.

As educators our language throughout a child’s educational journey must always be focused on striving for better. Even when it comes to our co-curricular offerings it is always our wish to see students challenging themselves to have a go. Knowing that you are not the best and still having the determination to give it a try builds spirit and success. The application of a growth mindset is not limited to just academia, it needs to be the approach that every Grammar student takes to every single challenge in their lives.



BREAKING THE BIAS

Grammar Celebrates INTERNATIONAL WOMEN'S DAY

Sunshine Coast Grammar School hosted its annual International Women's Day Breakfast on, Tuesday 8 March at The Lakehouse ,featuring guest speaker, Professor Helen Bartlett, Vice-Chancellor of the University of the Sunshine Coast.

Professor Bartlett brings extensive international experience to the Sunshine Coast, having held various leadership roles in universities across Australia, the United Kingdom, Hong Kong and Malaysia.

Professor Bartlett spoke to this year's theme 'Breaking the Bias' by inspiring the audience to be authentic and to be heard in the right forum before joining Sunshine Coast Grammar School's new Principal, Mrs Anna Owen, on the panel of the prestigious event.

Passionate about the advancement of women and gender equity

for all, Mrs Owen said this year's International Women's Day marks an opportunity for unity and collective action. This was apparent by the number of boys and men in the room who supported women and the importance of gender parity.

'International Women's Day celebrates the many women and men across the world who have stepped forward and offered their activism, and at times, bravery for equality. The path to women's equality has been long and challenging, and it was uplifting to talk further about breaking the bias and focus on building upon our own passions and values', says Mrs Owen.

Each year, the school's International Women's Day event continues to grow and it was uplifting to hear from local leaders and pioneers in their respective industries, including MC of the event, 92.7 Mix FM radio host, Sami Muirhead.

Guests also had the opportunity to hear from our student leaders about the importance of International Women's Day to their generation. Sunshine Coast Grammar School Captain, Taleah Smith, said 'It's a day to celebrate every woman, every person, who stood up in the face of adversity.'

'International Women's Day is a day to remind us of how privileged we are. It is a day to come together, no matter your gender, to create a gender-equal world, a world free of bias, stereotypes and discrimination. A diverse, equitable and inclusive world, a world where difference is valued and celebrated. A world we can all be proud of,' said Taleah.



SPONSORED BY



Professor Helen Bartlett SHARES HER WISDOM

Professor Helen Bartlett commenced as the third Vice-Chancellor and President of the University of the Sunshine Coast (USC) in August 2020.

Prior to joining USC, Professor Bartlett was Vice-Chancellor and President of Federation University Australia, Pro Vice-Chancellor and Chief Executive of Monash University Malaysia, and Pro Vice-Chancellor and President of Monash University's Gippsland Campus.

Professor Bartlett brings to USC extensive international experience, having held various leadership roles in universities across Australia, the United Kingdom, Hong Kong and Malaysia.

We were fortunate to welcome Professor Bartlett as our guest speaker at the recent International Women's Day Breakfast. We wanted to share with our Grammar community some of her incredible wisdom from the morning.

1/ Your career will not necessary be a linear one and it doesn't matter

It is important to identify your strengths and find out where your passions lie. You will have disappointments; deal with them and learn from them. We are not all ready at the same point, but it is important to keep aiming high.

2/ Seek different experiences and opportunities while building your career

Always make time for others through volunteering. Volunteering can develop a raft of learning skills.

3/ Be curious about the world

If you have the opportunity to travel with your career it is highly recommended; it helps develop an understanding of diversity. Working with different cultures helps to challenge our unconscious biases on religion, culture and gender. Cultural experiences help to break down barriers.

4/ Be yourself and believe in yourself

Express yourself and make contributions in line with your own values set. Grow confidence to be able to say what you think in an even handed way in forums where it matters. Don't be afraid of having a say, but remember the views you have won't always be popular and you will need resilience. The more experience and opportunities you take the more resilience you will develop.

5/ Build your support groups

Support groups can include men and women. People talk about having mentors, but this does not have to be formal, it could be people you admire or simply look up to.

6/ Work hard

If you are passionate, it will not feel like hard work. You will invest your time in your work and enjoy every moment. You will need to balance that with people around you - your support network (family and friends) - with care. Those who are supportive of you, will require that you give back to them.

7/ Be a lifelong learner

The importance of lifelong learning is imperative. Many will go to university and think that's it, but it's just the beginning; it's the platform for further learning - some of which will be formal and some of it will be in the workplace. The evidence that lifelong learning supports cognitive function, healthy and active aging is indisputable.

Photography - Sean Sanders



Setting Up Our Learners for Success

by Paul Clegg, Head of Primary

In our 26th year of Grammar education, we salute present and past students, staff and parents for their passion and perseverance or what researchers describe as 'grit'.

It was 'grit' shown by the First Nations people, living on Gubbi Gubbi country. It was 'grit' shown by our early pioneers of the school who brought a vision to life in the form of a Sunshine Coast Grammar School on our unique and natural 100-acre rainforest, originally named Glenhaven. It's 'grit' that is shown by successful students through the achievement of personal learning goals, pursuing their passions with purpose.

It is 'grit' that Researcher, Angela Duckworth says is the trait that we will need to not just survive; however, to thrive in an ever changing, fast paced future. Today's mounting research on grit suggests that your ability to work hard, endure struggle, fail, and try again may be the key to determining long-term success and happiness. She states it is a better indicator of future success and happiness than either IQ or talent.

Duckworth indicates that "children are not able to just spontaneously grow up to be gritty people without being supported in that." So as parents, what can we do to provide that support?

Here are few ideas gleaned from the "grit" experts about how to be intentional in our quest to build grit.

#1 FIND A PASSION

(or at least an engaging activity)

One of the characteristics of "gritty" people is that they are "especially motivated to seek happiness through focused engagement and a sense of meaning or purpose," At the Duckworth house, they have implemented a "Hard Thing Rule," which says that every member of the family has to be working on something difficult at any given time. Each person can choose his or her "thing" but it should be both interesting and require deliberate practice almost daily. In addition, everyone has to stick with his or her selected activity for a set period of time. No one is allowed to quit mid-season because things seem too hard.

#2 RECOGNISE THAT PRACTICE IS ESSENTIAL

It's not that we should never let our children change interests or shift activities as they grow—they are children after all—however understanding the value of practice, hard work and even struggle may be the thing that carries them across the finish line.

#3 TAKE RISKS

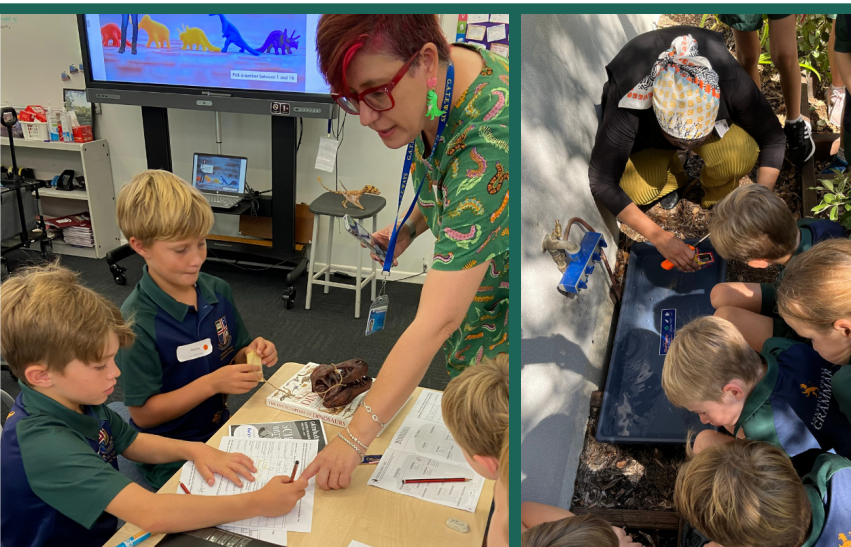
(and tell your children about it)

Grit demands risk taking. Successful people are willing to step out of their comfort zones and risk failure in order to learn something new or pursue a long-term goal.

#4 TEACH THAT FAILURE IS NOT THE END

In order to teach children to be resilient, we need to show them real examples of how failures and setbacks can lead to success—by talking about them regularly, sharing our own experiences, and most importantly allowing them to fail.

Let's support our children to show 'grit' and have the mindset and skillset to be successful and flourish now and in to the future.



EXTENDED LEARNING OPPORTUNITIES

Some of Grammar's Year 1 to 4 students were selected to be part of this year's G.A.T.E.WAYS program recently. Students were buzzing with excitement as they discovered, explored and investigated fossils and dinosaur anatomy and phylogeny as well as thermodynamics and energy transformation.

Students explored the fascinating world of palaeontology by examining and identifying a number of fossils using their new scientific knowledge.

Students also performed experiments with sterling engines and boats and learnt about sources that create electrical energy.



G.A.T.E.WAYS is part of Grammar's SOAR Primary enrichment and extension program and provides passionate, inspiring and creative educators who offer students a unique learning experience. The programs are an integral part of our whole-school approach and form part of the Grammar's commitment to personalised learning.

FROM THE GRAMMAR LIBRARY

John Green, who wrote *The Fault in Our Stars* says it best: 'Great books help you understand, and they help you feel understood.'

The world is full of books that uplift our souls and send our emotions flying. There are times that we retreat into the wonderful worlds that books give us. Inside a book, we can be anything we want to be or be anywhere that we want to go. They can be a safety net in which to fall and a refuge from the outside world. Within the pages of a book, we can find love, joy, friendship and acceptance.

WAYS TO BE WONDERFUL

according to



by Michael Herbert

In 1954, Dr Seuss was given a list of 250 words and challenged, using only these words, to write a book that would bring young children back to reading.

Seuss used 236 of the words and wrote *The Cat in the Hat*. The rest, as they say, is history!

In an era of COVID, universal wellbeing concerns, as well as looming threats of conflict between nations, serenity and the ability to thrive can still be found in the simplest of places - such as these words of Dr Seuss.

A person's a person, no matter how small.

Demonstrate courtesy and respect for every student and colleague you meet today.

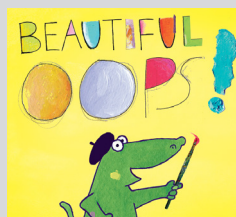
You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose.

Make at least one excellent decision today.

Teeth are always in style.

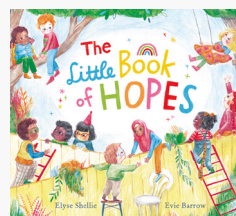
Let everyone you meet today be warmed by your smile.

Here are a few books that we have in our library that can do all of that and more.



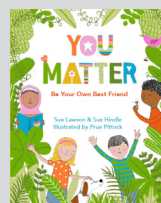
Beautiful Oops!
By Barney Saltzberg

This book can help build confidence in children when all they can see are their mistakes.



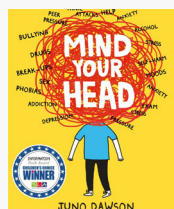
The Little Book of Hopes
by Elyse Shellie

With a delightful rhyme and thought-provoking words, this book is a discussion starter for how to live in this world, backed with lots of love and happiness.



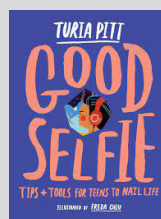
You Matter: Be Your Own Best Friend
by Sue Hindle and Sue Lawson

This uplifting and empowering book enables children to create a toolbox of ideas to help them to develop a positive sense of self.



Mind Your Head
by Juno Dawson

The book includes real-life stories from around the world from people living with these issues just like you.



Good Selfie: Tips and Tools for Teens to Nail Life
by Turia Pitt

This book with its colourful pages is easy to read and full of wonderful, practical advice.

Step with care and great tact. And remember that life is a balancing act.

Focus on quality before quantity; inspire others to be like you.

From there to here, from here to there, funny things are everywhere.

Look for lightness and humour, enjoy and respectfully celebrate them.

Think and wonder. Wonder and think.

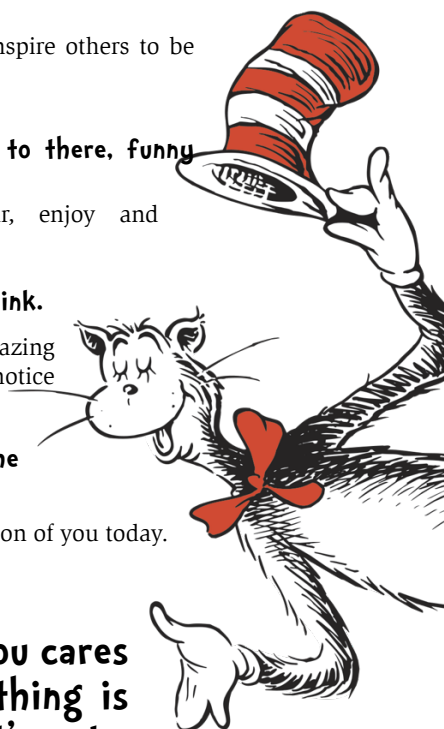
Your world is full of mystery with amazing people and things. Keep an eye out, notice them and appreciate them.

Today I will behave as if this is the day I will be remembered.

Let everyone see the very BEST version of you today.

And the final word from Dr Seuss:

Unless someone like you cares a whole awful lot, nothing is going to get better. It's not.



Fostering A GROWTH MINDSET



By Fraser Landreth,
School Psychologist

Helping our children discover that failures can be progress and challenges bring growth, cultivates their resilience. Children being able to try new things (even if they don't end up liking it!) opens up opportunities for them and grows their world.

Some favourite tips for developing a growth mindset in young people:

- 1 Understand that our brains are malleable and changing all the time. This occurs throughout the life span, but at a much quicker pace at younger stages of life.
- 2 Focus on rewarding the effort and process, instead of the current result.
E.g. rewarding time spent working and applied to a subject, rather than a grade.
- 3 Encourage (and model!) trying new things, and having a go even if we fail.
E.g. From ordering something you can't pronounce out at dinner, to riding a horse for the first time.
- 4 Forecasting process goals ahead of time, and making plans to overcome any challenges.
E.g. "I want to focus on my maths more. A potential obstacle will be my friend talking to me. I will let them know about my goal this week, and sit somewhere else if needed."
- 5 Encourage adding "YET" to a fixed statement.
E.g. Writing a list of things you think you can't do, or aren't good at. Now add YET to the end of each sentence.
- 6 Make an affirmation or mantra to help when stuck or have made a mistake
E.g. Mistakes help me learn / Trying hard things makes me stronger / If I'm trying my best, that is enough / Challenges help my brain grow.

MINDSET

A mindset is a collection of thoughts and beliefs that shape our habits, actions and how we respond to challenges. We adopt different mindsets throughout our life and in response to different events, but the secret is, being able to adjust our mindset can give us great strength. Children are beginning to find that trying and learning new things, can sometimes be uncomfortable. This might be when things don't go to plan, match our expectations, we make a mistake, or a task looks far too hard or scary! Our mindset determines how we might respond in these situations. Mindset is often spoken about in terms of "Growth" or "Fixed".

FIXED MINDSET

A fixed mindset is inflexible and certain. It takes the view that skill, intelligence and understanding won't change over time, and that past experiences will repeat themselves outside of our control. As you can imagine, this negatively impacts motivation and effort, and can result in giving up on things too easily, or not starting at all.

GROWTH MINDSET

A growth mindset is flexible and curious. It sees intelligence and understanding as the product of learning and effort, and part of a process. Not knowing something, or a challenge or setback is viewed as a temporary state to be worked through. These bumps are accepted as a necessary part of learning. Even while we all have our own strengths and weaknesses, there is often progress to be made through persistence, especially in the case of developing young minds. A growth mindset is shown to be associated with positive learning outcomes, especially in terms of motivation, effort and enjoyment.

SECONDARY Breakfast MOTHER AND SON



Managing **OVERWHELM**

Due to the pandemic, recent world events in the Ukraine and the impacts of the floods in Queensland and New South Wales, the world we now live in is a very different place. The hyperconnected nature of our current environment means that we are constantly being reminded of the challenges we face via numerous media and social media channels. Our connectivity to the digital world exposes us to a barrage of messages that can leave us feeling overwhelmed. As a result, many children and their parents are reporting higher levels of stress and anxiety.

Unfortunately, our brains have not evolved fast enough to adapt to this digital landscape. The combination of constant access to information and having little control over the situations presented, can be stressful and overwhelming. It is therefore important for adult carers to check in with their children and be aware of what information they may have been exposed to. It may not necessarily be the information itself that is harmful, but more their inability to process and make sense of it. Providing children with the skills and strategies to cope will enable them to flourish and thrive, socially, emotionally and academically.

The blueprint for parenting, based on our own experiences, is no longer fit for purpose in raising kids as citizens of tomorrow. This can be inherently stressful and overwhelming, not only for parents and carers, but children alike. If left untreated or unmanaged, constant stress and anxiety can lead to a number of behavioural issues or health consequences.

SCAN TO LEARN MORE



SCHOOL TV SPECIAL
REPORT

Retiring Staff Member

Mrs Dale Alderson

School Registrar

1 How long have you worked at Grammar?

This is my twenty-fifth year at Grammar.

2 How has the school changed in your time?

Infrastructure wise, the School has changed dramatically - as you would expect over 25 years. We started with Years 1 – 7 and built on a year level each year after that. The enrolment numbers for the School when it commenced were such that we were the fastest-growing Independent School in Queensland.

Our School community members very 'hands on' in the first couple of years to get things up and running. It was a very dynamic and supportive community and I'm pleased that the same supportive community still exists at Grammar.

3 What memorable moments from Grammar will stay with you?

My memorable moments will always come back to the children and young people that we deal with on a daily basis. From the daily interactions right through to the big moments like the Year 12 Walk of Honour. As each group of outstanding Year 12s graduate, I've thought 'we'll never replace them' but every year we do. We are very fortunate here at Grammar with the children we get to work with on a daily basis. Our families do a great job.

4 Your two children completed their education at Grammar, what does that mean to you?

It certainly gives a greater sense of connection to their education and the School if your own children have lived all things Grammar and you've been on hand to witness that on a daily basis. In my role, it has made it much easier to speak with confidence and sincerity about all that we offer here at Grammar and the great people who are responsible for the educational journey. I've worked with and continue to work with some amazing staff.

5 What is in store for you next?

I'm hoping the gift of time is what's in store for me next. Having time to pursue my other interests; focus on my health and well-being; do some travel and time to spend with my new baby granddaughter who will be arriving in a couple of months.

6 What are you most looking forward to?

Hands down - my new baby granddaughter!

We wish Dale all the best on her retirement and thank her for her incredible 25 years at Grammar.



Beach Blitz

Sunshine Coast Grammar School's community force, Grammar Helping Hands, came together to collect rubbish on Moffat Beach on Saturday 12 March, in line with the national Clean Up Australia Day initiative to 'unmask' Australia's litter problem.

Grammar Helping Hands is a school-based program that gives students the opportunity to get involved in community service at the ground level.

The Coordinator of Community Services at the school, Mr Ben Princehorn, has been organising the beach clean-up day event for the last eight years and is grateful to the school community for the continual wave of support.

'It's all about showing just how fun and rewarding community action can be. We pride ourselves on this message here at Grammar,' said Mr Princehorn.

Clean Up Australia Day is all about inspiring our students and understanding that playing an active role in the community can help diminish the impact rubbish has on our environment.

'It is really about recognising our role in the community and looking after our own backyard. It sends a clear message to our students that being a community member often means doing some heavy lifting,' said Mr Princehorn.

The school's program has evolved over the years, with recent events attracting hundreds of students, staff and parents who donned gloves and picked up over 100kg of rubbish.

It is a fantastic way to contribute to our community here on the Sunshine Coast while connecting with colleagues, students and parents, and contributing to an important 30-year initiative.

overwhelming, not only for parents and carers, but children alike. If left untreated or unmanaged, constant stress and anxiety can lead to a number of behavioural issues or health consequences.



SUNSHINE COAST COUNCIL CITIZEN OF THE YEAR NOMINEE 2022

MS KATIE LIVOCK

Ms Katie Livock is nominated for Citizen of the Year for her dedication and volunteer work as President of the not-for-profit business, Sunshine Coast Beekeepers Inc. In addition to her role as Head of Year 12 at Sunshine Coast Grammar School, Katie dedicates her time to the local community and voluntarily runs an Introduction to Beekeeping course once a month. Katie mentors fellow beekeepers and provides support, advice and assistance in maintaining their beehives. 'At Grammar, we are encouraged to be lifelong learners and I thought this could be something I learned more about,' says Katie. It has been over 6 years since Katie first started beekeeping and in that time she was asked to join the Sunshine Coast Beekeepers Committee and has recently been appointed as President of the Club.

The decline of bees in our world is impacting the important role they play in our environment and our food security. Bees are the most efficient creatures on the planet, however, they still need our help. Did you know that it takes 12 bees their entire life to make just one teaspoon of honey? While becoming a beekeeper sounds daunting, almost anyone is capable. There are members as young as 13 and as old as 90 at the Club. If becoming a beekeeper does not create a buzz for you there are many things we can do at home to help our bee population. Katie suggests planting herbs and flowers that attract bees, like lavender and basil. The biggest suggestion from Katie is to always buy your honey from a local beekeeper, 'it's delicious, and some studies show that it can help if you have hayfever and some allergies to plants as it introduces pollens into your body in a much safer way'.

Next generation of passionate youth **TAKE ON QUEENSLAND PARLIAMENT**



Sunshine Coast Grammar School students, Declan Goldston (Year 11) and Alex Ladwig (Year 12) have been named Youth Members for 2022 through the YMCA Queensland Youth Parliament Program.

Declan and Alex are among 93 young people selected to represent each electorate in Queensland.

The competitive program provides an important link for youth to influence real levels of Government and improve their confidence by interacting with other like-minded young people of varying backgrounds and opinions.

'I believe we need more ethical, well-rounded and diverse groups of people to have their voices heard and I believe it is important they play a bigger role in government', said Declan, Youth Member for Buderim.

The program continues to challenge young people, and provides a platform and opportunity to experience a career in politics.

'I am really excited and grateful to have been selected as I am considering a career in politics. The dynamic nature of the industry and the ability to connect my love of law with my desire to help my community will be rewarding', said

Alex, Youth Member for Nicklin.

Prior to being selected as Youth Member for Buderim, Declan did work experience with local MP for Buderim, Mr Brent Mickelberg, and thoroughly enjoyed the work.

'I hope that my experience in the Program will give me a deeper understanding of what is involved as a member for State Parliament, and the best mechanisms to enact change', said Declan.

Since he was young, Declan has had a keen interest in how governments, councils and political parties operate, and how they impact our lives.

'I have been surrounded by conversations at home about funding of medicines and research, and how the impact of political decisions can shape people's lives', said Declan.

Declan has been assigned to the Science, Technology and Digital Economies portfolio, and hopes to assist in expanding grants for research programs within local universities and work on modernising internet infrastructure in Queensland.

Alex is a strong advocate for Domestic and Family Violence and continues to support survivors through local organisations such as the Zonta Club of Maroochy. Alex has been assigned to the Prevention of Domestic and Family Violence, Housing, Infrastructure and Transport.

'I strongly believe that more needs to be done on a larger scale to promote rehabilitation of offenders. Whilst some programs have been trialled and implemented, more funding needs to be directed to this area,' said Alex.

The program will commence in April with a ceremony at Parliament House, Brisbane.

Program participants will then meet to discuss Youth Bill ideas and form legislative portfolios before the Residential Sitting Week in September, where Youth Members debate their Youth Bills.

Women in **STEM**

Science, Technology, Engineering and Maths

Sunshine Coast Grammar School is excited to be participating in an exciting new service that gives our girls the opportunity to be part of a revolutionary initiative that will demystify industries and career paths that are less well-trodden and open up new prospects: UNIQ You.

Women are under-represented in many sectors; technology, transport, electricity and gas, construction, mining, aviation, water and sewage, agriculture, manufacturing, military and defence. UNIQ You believes that the best way to inspire girls to explore male dominated industries isn't by quoting statistics or preaching diversity, but by giving them access to honest insights from women who were once just like them. Our partnership with UNIQ You will allow year 9 to 12 girls, sitting alongside Mrs Carolyn Stafford, Ms Melissa Shenton or Mrs Aliceson Leonardi, to have a 30 minute, one-on-one video call with female advisers from around Australia.

Connecting girls to women in real world environments will create a space for frank and open conversations, helping them understand what a range of roles and careers look like. This will encourage girls to explore their options, challenge their own assumptions and discover a world rich with possibilities.

Thirteen corporate partners have volunteered to work with UNIQ You and our school to date - selected on the basis that the industry sectors they represent have less than 40% representation of women: Aurecon, BMD, Boeing, Hutchinson Builders, Origin Energy, Oz Minerals (SA), Seqwater, Shells QGC Business (QGC), Skedulo, Tesseract (VIC), Urban Utilities, Ventia and Yurika.

To find out more, the website can be viewed at uniquyou.com.au.

To register your interest in participating, please email Ms Melissa Shenton:

mshenton@scgs.qld.edu.au

Conversations that change the game

UNIQ You

A ground-breaking virtual career advisory service for high school girls, designed to recalibrate society's expectations of what girls are capable of and curious about.



uniquyou.com.au | @uniquyouaus

GRAMMAR PATHWAYS

At Grammar, we recognise that there are many ways to attain knowledge and many pathways to achieve a dream. Students have access to a wide variety of engaging learning opportunities throughout their senior phase of learning.

Grammar students from Years 10 to 12 continue to participate in a selection of education and training options. Students are engaging in University courses, alternative subject offerings through Distance Education, nationally recognised qualifications in the vocational sector, and a range of employment-based training options with local businesses and training providers. Some students travel off-campus to participate in their chosen field, whilst others elect to study the vocational training opportunities offered at Grammar.

We work with students to match their learning and passions, assist with employability skills, and encourage a love of lifelong learning by nurturing well-rounded and informed individuals.



161
Qualifications
Years 10 - 12

52

**CERTIFICATE III
FITNESS**
with Embedded CERT II
Sport & Recreation

14

**CERTIFICATE IV
ENTREPRENEURSHIP
& NEW BUSINESS**

11

**CERTIFICATE III
HEALTH SERVICES
ASSISTANT**
with Embedded CERT II
Health Support Services

8

**ONLINE VOCATIONAL
TRAINING**
Cert II/III/Diploma Business,
Entrepreneurship,
Equine Studies, Health Assistance

5

**SCHOOL BASED
APPRENTICES**
Cert IV Real Estate,
Cert III Early Childhood,
Beauty, Business, Fitness

4

**UNIVERSITY
STUDIES**
Psychology, Aviation,
Tourism, Leisure and Events,

2

**CERTIFICATE IV
DANCE TEACHING
AND MANAGEMENT**

1

**CERTIFICATE III
AVIATION**
at SCTTC

1

**CERTIFICATE IV
REAL ESTATE
CADETSHIP PROGRAM**

**CERTIFICATE II
ENGINEERING
PATHWAYS**

22

**CERTIFICATE III
AVIATION**

14

**TAFE AT
SCHOOL PROGRAM**

Electrical, Film and TV,
Animal Care, Baking,
Rural Operations, IT, Plumbing

11

**SCHOOL BASED
TRAINEES**

Cert III Carpentry,
Electrotechnology,
Mechanical, Hairdressing

6

**DISTANCE
EDUCATION**

German, Chinese,
Ancient History, Film Studies

4

ELITE ATHLETES

Tennis, Hockey and Swimming

3

**PILOT
PROGRAM**

with RTO Flight Options

1

**DIPLOMA
BEAUTY**

with Demi International

1

**TRINITY COLLEGE
LONDON**

Acting-Solo

1

by Anjalika and Amber 4JB

there were 100 for the

People walking

at home

Looking for

Camp

the

Sun & Moon

People walking

and some things in

and

for the

not safe from

Camp

Sandy

What is Fire Stick Farming?

Fire stick farming, also known as cultural burning and cool burning, is the practice of Aboriginal Australians regularly using fire to burn vegetation.

The display board includes several hand-drawn illustrations:

- A landscape with a sun, clouds, and trees.
- A grid of four panels showing different stages of fire stick farming.
- A landscape with a kangaroo and a person.
- A landscape with a person and a dog.

Native Gardenia Yellow Mangosteen

Otherwise known as *Hexaconocarpus floribunda*, is a fantastic Australian native non-flower tree. As far as backyard shade trees, this one is hard to beat. It's relatively small in size in most situations, doesn't have problems with roots and is often as wide as 1-1.5m, providing a great canopy.

The foliage is similar and has whitish green seeds embedded in their fruit skin.



Most great people eat native gardenia fruit (and they can also be used in jams, jellies, cakes and as hot or cold).

16

Sunshine Coast Grammar School's vision for reconciliation is for our community to embrace unity between Aboriginal and Torres Strait Islander peoples and other Australians. Through our curriculum and school culture, we can build historical acceptance of our shared history, and move toward positive and inclusive relationships. Reconciliation must live in the hearts, minds and actions of all staff and students at Sunshine Coast Grammar School as we move forward, creating a nation strengthened by respectful relationships between the wider Australian community and Aboriginal and Torres Strait Islander

For Sunshine Coast Grammar School, reconciliation means working inclusively in a meaningful and respectful way with Aboriginal families and communities. Building on Staff's cultural competencies is a priority of Sunshine Coast Grammar School; histories, traditions and current affairs can be shared and explored with our school community. By establishing a better understanding and respect for Aboriginal and Torres Strait Islander cultures, we develop an enriched appreciation of Australia's cultural heritage and move towards the maturity of Australia as a nation. This will lead to the development of an Australian Identity based on mutual respect and trust and support reconciliation. It is a

Meet our new Kindy Teacher, **MRS TINDALL**

Unprecedented growth has seen the expansion of the Grammar Early Learning Kindergarten program, which now provides three Kindergarten rooms. We are thrilled to welcome Mrs Joanne Tindall to the Grammar Early Learning Centre Team this year. Joanne has lived on the Sunshine Coast for over 40 years and grew up in the region, attending Caloundra High School. Having spent some years travelling and working within the hospitality industry, Joanne returned to the Sunshine Coast to have her family and study a Bachelor of Learning Management in Early Years in 2001.

At Grammar Early Learning we ensure a wide range of age-appropriate activities are designed to allow our children to explore, investigate, listen and problem solve. Play-based experiences allow our children to make sense of the world in which they live, form relationships, resolve conflicts and learn social skills. 'I enjoy watching each child develop their independence and resilience over the year and get a great sense of achievement from knowing they are well equipped for Prep,' said Joanne.

The Grammar Early Learning Centre has strong ties to the Sunshine Coast Grammar School and provides specialist programs, including Learn to Swim lessons at the world-class Grammar Aquatic Centre, Bush Kindy, Music and Tennis sessions, as well as literacy sessions where children are encouraged to borrow library books each week from the Grammar Library located within the School grounds.

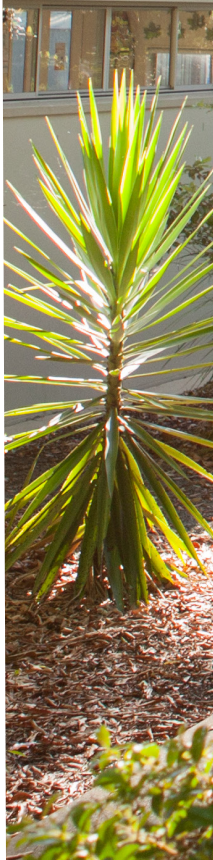
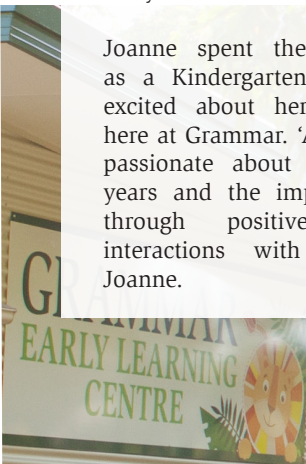
Joanne spent the last five years as a Kindergarten Teacher and is excited about her new adventure here at Grammar. 'As a teacher, I am passionate about the foundational years and the impact I can make through positive and caring interactions with children,' said Joanne.

GRAMMAR

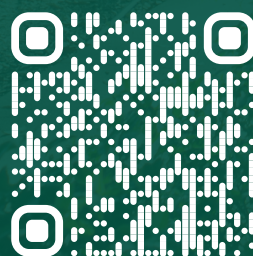
EARLY LEARNING CENTRE



commitment of Sunshine Coast Grammar to work in collaboration and partnership with Aboriginal and Torres Strait Islander peoples, organisations and communities. At Sunshine Coast Grammar School, our vision is to acknowledge the Gubbi Gubbi culture in symbolic recognitions of the people and their Country in which we live, work and play. Reconciliation represents equal and equitable educational opportunities and outcomes for our Aboriginal and Torres Strait Islander stakeholders, and an inclusive and diverse workplace that is not just culturally safe, but culturally rich and proud. We are committed to working in a respectful way with Aboriginal and Torres Strait Islander people, organisations and communities.



Read more about our
Grammar Early Learning Centre
Kindy Teachers



Alumni Spotlight

DESTINY GUTERIDGE

As many staff and students are aware, Secondary teachers, Mr and Mrs Guteridge, are long serving members of our Grammar community and most certainly love to travel. Their daughter, Destiny, a life-long learner, graduated in 2021 and is set to follow in mum and dad’s footsteps, pursuing a degree in Secondary Education at James Cook University (JCU), Townsville. So why a spotlight on Destiny now? Destiny’s pathway in language (and in particular French) has most definitely been rewarded in the most spectacular way, with a \$40,000 Academic scholarship for receiving the highest ATAR for entry in her chosen degree. Of course, Destiny studied more than just French at Senior; however, did you know that studying a language in Senior offers bonus ATAR points? With French being one of Destiny’s Senior subjects, it was after adjustment of her ATAR with the addition of her bonus rank points (now known as adjustment factors), that she became the highest performing student and was hence offered the scholarship.

Destiny’s language pathway at Grammar	
Year 4-6	Began French and Japanese; visited Aurillac with her family and began writing to her “correspondant”.
Year 7-9	Selected French and completed a full year of study as part of her elective program.
Year 10	Selected French (full year of study) and spent Term 4 on individual exchange in Aurillac; hosted a French student during Term 3.
Year 11	Due to participate in the France Tour (unfortunately cancelled due to COVID 19). Elected to study French as one of her Senior subjects.
Year 12	French Language Ambassador; Awarded \$40,000 scholarship after adjustment factors due to studying French.

Whilst we often discuss the many benefits studying a language offers prior to subject selections, we have never had such definitive evidence of this being so instrumental in tertiary pathways. We are absolutely thrilled for Destiny and her family who have always been incredible supporters of our France Tour and Exchange program. Destiny’s journey shows how a GRIT mindset can reap considerable benefits into a student’s future. Félicitations Destiny!



French Fashion Pathways in Paris!

We have also been thrilled this term to partake in a Zoom with Grammar alumni, Mia Levings, former Senior French student who also undertook a Tour and Exchange through our partnership with ELO. Mia is currently in her final year of a Bachelor of Fashion in Paris at a private university (Mod’art International), has already completed an internship this year with Nina Ricci and will be back for a short visit in July before returning to France to complete her Masters. One of our Year 10 French students who is considering pusuing a career in fashion in France was fortunate to have the opportunity to Zoom with Mia this term to find out a bit more about her studies and student life. It certainly is an exciting time as international travel and study looks to be very much back on the agenda. Watch this space!

FÉLICITATIONS LUCY – TIGUIDOU!

Did you know there are 7.9 million French speaking Canadians? To celebrate the Semaine de la Francophonie 2022 (a worldwide celebration of the French language) the Canadian Embassy in Australia launched a special competition for students in Years 7 to 9, based upon raising the awareness of French as one of its official languages. The brief was to create a video of no more than 2 minutes 15, that highlights an aspect of French-Canadian life or culture, in French. With a little help from one of our Year 12 French Language Ambassadors (who also happens to be one of the aforementioned French-speaking Canadians), Lucy came up with a creative script using many of the expressions unique to Québécois French, including Tiguidou (which means “great” in Québécois French). We received notice that Lucy’s entry was a winner, receiving a virtual performance and gift bags for participating schools. We hosted the show last year and it was a lot of fun and can’t wait to see the performance again. Félicitations Lucy, what an awesome start to the year. Tiguidou!!





MUSIC CAMP 2022

60 students in Years 7 – 12 spent 3 days together making music from all sorts of genres and combination of instruments; an Orchestra, Rock Bands, Choir and more! From the awesome bonding activities run by the Music Captains, to intense and focused rehearsals, all of the students were outstanding in their commitment throughout the weekend. Thank you to every student for being so easy and enjoyable to work with and thanks to our fabulous Music team for giving up their time for the weekend. Preparations for the 2023 Music Camp are already underway!

Primary Music flourishing

In January of this year, we welcomed Ms Cassandra Maxwell to the Grammar Music team. Her boundless energy and outstanding teaching knowledge are driving our Primary Music program in an exciting and engaging way.

Students in each year level appreciate learning about different aspects of music through interesting units of work and are enjoying practical activities that are accessible for all of the students regardless of their musical experience or background. Where else could you learn to drum on a bucket in our beautiful surrounds?



Year 3 Strings

This Term, Year 3 have commenced their musical journey at Grammar by taking part in the Strings Immersion program. They have made an incredible amount of progress in just a few short weeks and are showing fantastic promise and potential. So far, they have played at total of ten new songs (available to play along to on GECO) of all different musical styles and from various countries. We are very excited to hear their performance at the upcoming Music Festival on Friday 3 June. Well done Year 3!



Year 5 Band

This Term, Year 5 students received their instruments and have commenced the 2022 Band Program. This is a curriculum program where students are given the opportunity to learn a band instrument for the year. Students will learn the basics of reading music, how to play their chosen instrument, as well as how to care for the instruments in specialist group lessons with Instrumental Music Tutors through Term 1. From Term 2, the students will form a full band for weekly rehearsals where they will continue to learn the fundamentals of their instruments while learning ensemble techniques and playing with other band instruments. The students will perform as a band alongside the school's other ensembles at concerts and events throughout the year.

The benefits of playing a musical instrument and participating in a band are now widely documented. These proven benefits for music students include: increased memory skills; teaching perseverance and creating a sense of achievement; improving coordination; improving math skills; creating responsibility; improving reading and comprehension skills; exposure to culture and history; nurturing self-expression; improving listening skills; and improving social skills.



FRIDAY 3 JUNE

GRAMMAR HALL CARPARK

Entertainment from 2:00pm
Including Year 3 and 5
Instrumental programs and
ALL Music ensembles

Register via events online

Mindfulness MONDAY

Developing and embracing a growth mindset while focusing on mental and emotional wellbeing in the young Visual Artist.

We are so blessed at Sunshine Coast Grammar School. One of the predominant reasons is the amazing plethora of opportunities our students are able to experience. A particularly special and incredibly defining experience commences in the Preparatory Years. This is the Visual Art experience.

The obvious paint, paper and pencils are the materials included in what many individuals identify with when reflecting on their own art experience at school. Specialist Primary Visual Art delves beyond the surface details, and explores and incorporates deeper supporting themes including growth mindset and mindfulness.

French artist, Henri Matisse once said: 'Creativity takes courage!' While Visual Art at Grammar is immensely enjoyable, (a guinea pig came to class to be a life model just last week – just ask the Preps!); it is true that art can stretch us and it does in ways we may not be aware of.

Being immersed in the processes of Visual Art can enhance student resilience, and support the young child to develop skills including perseverance, persistence and problem solving. The euphoric feeling of persevering in learning a new skill and overcoming challenges supports the young artists in becoming successful learners in the most wholistic of definitions.

The 10 Growth Mindset Statements that support children to shift their thinking from a fixed mindset and move towards a growth mindset, are displayed in the classroom and referred to regularly. This enables children to become aware and even identify where their mindset might lie. This encourages the young child to evaluate the effectiveness of their current mindset, and choose to move to a more positive and productive mindset. This "self managing" then merges into the identification of one of the several learning assets which are revisited at the introduction of every Visual Art lesson, along with the character strengths evident in successful learners.

Primary Visual Art involves the development of relationships. To support and enhance young artists, we practise the strategy of "Bucket Filling." This is where we use language that uplifts someone. Some examples include: saying or doing something kind; encouraging a friend who is unsure or lacking confidence, and providing thoughtful feedback when viewing our own and other artworks.

Mindfulness is a concept that is actively explored in Primary Visual Art, through the inclusion of Mindfulness Monday. This is a lunchtime experience that has been promoted through Excellence Expo and commences at lunchtime next term for students from Years 2 to 5 who have expressed an interest.

During these lunchtime sessions, the students experience a range of activities that encompass the practices of art therapy, relaxation exercises and breathing for calm. These activities have been implemented due to specific professional development initiatives undertaken by the Primary Visual Art Staff, and are devised and approved by health professionals.

The beauty of Visual Art is very typically evident by its very nature, but the depth of experience of our youngest Visual Artists at Grammar is incredibly rich and rewarding in the ability to support the development of the 'whole child' through the immersion of powerful and character shaping concepts.

By Mrs Bev Woods, Primary Visual Arts Teacher



MINDFULNESS

*'True intelligence
is emotional
intelligence'*

Wald Wassermann

VISUAL ART

*A place for one to rest the mind,
to create, and to appreciate one's
passion*

Visual Art offers, to students and adults alike, the opportunity to express themselves from an emotional and creative perspective. In this world of fast moving images, media bombardment and the ever increasing stresses of life, it is important that we recognise that sometimes it is essential to slow down and partake in an activity that can provide enjoyment of the mind.

Art Club offers that opportunity for students to take "timeout" from the pressures of curriculum and assessment deadlines. Every Wednesday after school, a small group of students share time together, creating. At the moment we are creating a bird box mosaic. Not only will the students enjoy their final artwork, but so too will our furry and feathered friends.

But if your emotional passion is competition and the enjoyment of having the opportunity to shine, then recent competitions have yielded great responses for our students. On Saturday 19 March, Sean (Year 10) and Keeva (Year 8) were FINALISTS in a prestigious award for emerging young artists. It was wonderful to see their work hanging in the Sunshine Coast Regional Art Gallery alongside other students' work from the Sunshine Coast. It is always "good for the soul" to hear people's responses when they view your art.

So take some time out, sit down, relax, place no pressure on yourself and make some art, you're mad if you don't try it!

By Dr Kerrie Corcoran, Head of Learning Area Visual Art



There is an expression,
*The way to a person's heart
is through their stomach*

GRAMMAR
Hospitality

which does have an element of truth.

According to Linguaholic (2022), there are two parts to this saying, starting with the importance of food.

Science has shown that our guts are swarming with neurons, and in fact some scientists have dubbed our gastrointestinal neurons as "the little brain". It goes on to say that the little brain explains why some of us emotionally eat, why some get hangry (getting angry when we're hungry), and why some like to sleep after a meal.

It also explains why sharing a meal has been one of the best ways for people to bond together. This is not to mention all the memories made, friendships forged and partnerships built around a dinner table. When one wants to get to know a culture better, they try their food.

The return of Café Mons by the Year 11 Hospitality students under Ms Kennelly's guidance, at the end of Term 1 was certainly met with high anticipation and excitement.

The lineup has never been as long in the history of Café Mons – perhaps it was the assortment of milkshakes, thick shakes, iced drinks and frappes fuelling "the little brains" ready for the afternoon's lessons that made it so popular.

Café Mons will return in early Term 2.

Food and beverages do indeed, "Fuel the Soul"!



High Jump

Students are soaring to new heights in the High Jump world.

Sophie E competed at the Little Athletics Queensland State Championships and won Gold in the High Jump with an impressive 8cm PB.

Oliver W recently placed in the top 8 at the National High Jump competition. It is a fantastic effort to place in the top 8 at National level in an individual sport.



Aquathlon

We had a number of students compete in the State Aquathlon Championships at Hervey Bay. Jaz E finished 2nd and has now qualified for the National Championships in September.

Lana O finished in 23rd overall. Grace B won her division and her brother Jude finished 4th.



Nippers

The State Nippers Champions were held earlier this year with many Grammar students competing. Congratulations to Jaz E for winning Gold in the U12 and Lochy G for winning Bronze in the U11 1km beach runs.



Equestrian

Congratulations to Alex L for being named Equestrian Captain for 2022. Alex has been competing for Grammar since 2016 and is a dedicated member of the Equestrian team. Congratulations to Alex; she is a wonderful ambassador for Grammar.

Special mention to Mia who was the youngest rider competing in the Willinga Dressage by the Sea event which was held near Canberra. Mia received 3rd place in one of her tests and rode extremely well at her first attempt at riding with FEI (international) tests.

Shout out to Jett and Charlotte who have joined the Grammar Equestrian Team for the first time and competed at the Victory College Show Jumping event.



RIISING TENNIS STARS TAKE A SHOT AT NATIONAL CHAMPIONSHIPS

Queensland's top two under 13 tennis players and Sunshine Coast Grammar School students, Connor McEvoy and Aiden Serifovic, were selected for the U13 National Boys Tennis Camp 'Doubles the Australian Way' in Sydney beginning Tuesday 1 March 2022.

The five-day event organised by Tennis Australia forms an integral part of the Australian 2023 U14 Junior World Team Championship selections. Head Tennis Coach at Sunshine Coast Grammar School, Mr Clint Fyfe is thrilled for Connor and Aiden on their selection and believes it was an opportunity for the boys who are playing exceptional tennis.

'It is great for Connor and Aiden to be rewarded for their hard work and improvement. The boys were excited to get together with the other leading players in Australia as there haven't been many opportunities for them to train and compete at a National level the last couple of years due to COVID,' said Mr Fyfe.

The National Camp coincides with the Australian Davis Cup tie against Hungary, where both players had the opportunity to interact with the Davis Cup Team and take inspiration from their matches.

Year 8 student and current number 1 U13 tennis player in Queensland, Connor McEvoy most looked to 'seeing the professional Australian players train and compete, especially Alex de Minaur and Thanasi Kokkinakis. I wanted to learn from them and improve my doubles skills', said Connor.

Aiden, also appreciated the opportunity 'I was excited to be chosen and to have the opportunity to play alongside the Davis Cup team. My dream is to one day be part of the Australian Davis Cup Team.'

A large emphasis was placed on learning doubles formations, skills and tactics as well as highlighting the importance of creating authentic bonds with people from all different parts of life.

Holding the Camp in conjunction with the Davis Cup tie provides an opportunity to observe the importance of peer connection within tennis. 'I know the boys enjoyed the team aspect of the camp and had some good stories to tell their Grammar tennis mates when they returned. Connor and Aiden are great role models in our coaching program, and I can see their success inspiring our other players to follow the same path,' said Mr Fyfe.



Cricket

Finley H played cricket in the Queensland State Championships for the Coastal Burners, with her team finishing second in the state. Finley was also named second top wicket-taker for the carnival.

Finley's achievements didn't stop there - she was also named in the Under 15 Paul Pink Shield Team and has been selected to tour Europe with Wanders Cricket!

Congratulations to Mitch A and Stewart M who have just helped the Sunshine Coast win the State Championship in Rockhampton. The Sunshine Coast team went through the tournament undefeated, so an excellent effort from our lads.

As a result of his performances with the bat and ball, Mitch has been selected in the Queensland team congratulations, Mitch!



Water Polo Achievements

Congratulations to Year 12 student, Josh Eyles, for being selected in the Men's Queensland Thunder Water Polo team to play in the Australian Championships! Josh debuted for his team and came away with a win. Congratulations, Josh!

Many of our students have been busy over the holidays achieving some outstanding sporting accomplishments. Josh and Sam competed in the Queensland Junior Countries Championships with their U18 team, claiming the silver medal. Josh was tournament MVP!

Agen and Scye C also played at this tournament, representing Noosa, where they were overall winners. Scye represented Kawana in the U16 team, and again, they won!

Shout out to Josh E for being selected in the 2022 Queensland Thunder Water Polo Team.

Congratulations also to Harry C and Sam for being selected in the U16 Queensland Team to play at the National Summer Slam Tournament.



Year 1 and Year 2 SWIMMING CARNIVAL

There was a huge amount of excitement as our Year 1 and 2 students entered the Aquatic Centre for their annual Swimming Carnival on Friday 18 March. It was an amazing celebration of all the hard work, dedication and swimming skills our students have been learning during their weekly lessons.

Students competed in stroke events including freestyle, backstroke, breaststroke and a variety of novelty events including the seahorse, water polo swim and under over. It was great to see crowds back in the stands. Thank you to all parents/guardians and family members for supporting your child/ren.

QUEENSLAND SWIMMING

The Sunshine Coast Grammar Swimming Program has had a big start to 2022 off the back of its 9th place finish in the 2021 Queensland Championships club point score in December.

With the Grammar Inter-house Carnival, SCISSA Carnival and the Sunshine Coast School Sport Regional Championships all cancelled due to either COVID or floods it was straight to States for 32 of our club swimmers, representing the Sunshine Coast.

Sunshine Coast Grammar School students who represented the Sunshine Coast at the Queensland School Sport Swimming Championships are as follows:

<i>Cooper Barr</i>
<i>Camryn Bracegirdle (3 Gold, 4 Silver, 1 Bronze)</i>
<i>Jaz Edmondstone</i>
<i>Brydee Reid (1 Gold, 2 Silver, 1 Bronze)</i>
<i>Willow Roper</i>
<i>Grace Brimelow (1 Bronze)</i>
<i>Mackenzie Burns (3 Gold, 1 Silver, 2 Bronze)</i>
<i>Harry Colley</i>
<i>Freya Goldston (1 Silver)</i>
<i>Ben Grimsey (1 Silver)</i>
<i>Sophie Harris</i>
<i>Hamish MacKellar (3 Silver, 2 Bronze)</i>
<i>Edward Simon (1 Silver, 2 Bronze)</i>
<i>Kobi Spink (1 Bronze)</i>
<i>Josephine Webber</i>
<i>Tomas Wright</i>

Special mention must go to Camryn Bracegirdle for winning Female Swimmer of the Meet in the 10-12 yrs championships plus 2 swimmers from our club (not Grammar School students) achieved high results with Ryan Bambach winning 8 Gold and 3 Silver + Male Swimmer of the Meet in the 13-19 years championships

and Kael Thompson winning 3 Gold, 6 Silver and 1 Bronze + Female Multi-Class Swimmer of the Meet.

The Sunshine Coast Grammar Swimming Club hosted our third annual swim meet in March, with 500 competitors from as far as Brisbane in the South, Bundaberg in the North and Kingaroy in the West. It was a successful event with many meet records being broken and was a very important fundraiser for the club.

Our club swimmers have been competing in many local and state based competitions so far this year, with many Queensland Sprint Champions being crowned.

The National Age and Multi-Class Championships are being held in Adelaide during the easter school holidays and our club will be represented by 15 of our swimmers. We also have the Wide Bay Regional Swimming Championships on 1-3 April, with 50 swimmers representing our great club.





Academy

The Grammar Rugby Academy program aimed to test the players commitment and resilience, with staff programming, a rigorous training schedule and trial game opportunities to measure training gains and team systems.

Throughout March, the Senior 1st XV squad competed in trials against St Laurence College, Padua and St Peters, winning all three. The test for the team would be the defence of the Ballymore Cup title in early April.

The Rugby academy welcomed the inclusion of the U15 boys, who quickly adapted to the training schedule and displayed positive performances against a much bigger St Peters team. The U14s will be transitioned into the Academy at the start of Term 2 to expand on the 60 plus members undertaking the successful values based program.

Term 1 also saw the Academy expand to a new level and piloting the Girls Rugby Academy which runs in parallel with the boys academy program. Another first for girls rugby at Grammar is the U15s and U17s girls teams entering into the Sunshine Coast Rugby Union competition, held on Friday nights throughout Term 2 and 3. The girls academy is being supported by Phillips Physiotherapy and Evans Built.

Ballymore Cup

Our U13s, U15s and U18s teams competed in the three day state wide Ballymore Cup in the first weekend of April. In testing temperatures and squads reduced by the effects of Covid, all three Sunshine Coast Grammar teams competed admirably, highlighting the benefits of the Grammar Rugby Academy. Our teams were tested by much bigger teams from all over the state, but it was our superior fitness and skill sets that enabled our teams to compete to the final whistle against the goliath city and country teams.

RESULTS

1st XV	<i>3 wins and 1 draw against Downlands. Progressing to the Grand Final against heavy hitters St Laurence College. The boys played at a relentless pace going down narrowly 15-18.</i>
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U15s	<i>Finished 8th in an 11 team competition.</i>
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U13s	<i>Finished 4th overall with some big wins on Day 1.</i>
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Armidale

Grammar's U12 boys and U16 girls teams will travelled to the Armidale School to compete in the TAS Rugby Carnival which is the largest Primary School Rugby tournament in Australia, with 30 schools competing for the U12s title. This year is the first to include the girls 7s tournament with eight school teams from all over NSW and Qld travelling to Armidale.

The TAS Rugby carnival is a fabulous opportunity for our Grammar students to compete against teams from distant parts and different cultures and backgrounds and enables players to experience and celebrate the camaraderie, teamwork and sportsmanship throughout the weekend carnival.



SUNSHINE COAST GRAMMAR RUGBY PARTNERSHIP

In partnership with Sunshine Coast Grammar Rugby, we would like to invite you into our state-of-the-art showroom. We will gladly donate \$500 to the school for every Grammar School parent who quotes prefix "SCGS500" upon purchasing a vehicle from Lexus of Maroochydoore.

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Secondary **CROSS COUNTRY**

Photography - Sean Sanders



Grammar Alumni nominated for **SUNSHINE COAST COUNCIL'S AUSTRALIA DAY AWARDS 2022**

Sunshine Coast Grammar School is proud to acknowledge past student, Annie Jones (2018) who has been nominated for Sunshine Coast Council's Australia Day Awards 2022.

Miss Annie Jones is nominated for Young Citizen of the Year for founding her charity No More Fake Smiles. Annie works to empower child abuse victims to speak up and educate adults to listen to and believe a child's disclosure of abuse. Through her courage and tireless efforts, Annie has created a safe space for victims and their families to seek the resources and support they need.

'No More Fake Smiles is something I wish I had when I was being abused,' says Annie. 'This issue is so much bigger than me and I knew I had the strength to talk to others about it.'

Annie and her team are using their past experiences to also advocate for changes to the judicial system to better protect and support child victims. For more information on the important work Annie is doing and to support their mission, visit No More Fake Smiles - nomorefakesmiles.com.au

In addition to her important work for our community, Annie is currently undertaking a dual degree in Bachelor of Criminology & Justice, and a Bachelor of Social Science (Psychology) at the University of the Sunshine Coast.



COMING FULL CIRCLE Grammar Alumni, the next teaching generation

There is something special about teaching at the school you graduated from, according to past student, Carmen Wells (nee Hill), who has returned this term for a teaching placement.

'Becoming a Grammar teacher is my dream. I have such fond memories of my high school life and the teachers

who supported me. I would love to have that impact on others,' said Carmen, who graduated in 2003.

Carmen is currently studying a Master of Secondary Learning and Teaching at the University of Southern Queensland and is now teaching Business across Years 8 – 12 here at Grammar.

Carmen's time at Grammar has come full circle, with her previous teacher and current Head of Business Faculty, Ms Tania Guteridge, now helping as her mentor. 'The team here are so friendly and willing to share all their knowledge, experience and ideas. Being on placement here has been what I always hoped,' said Carmen.

There have been plenty of changes at the school since the 2003 cohort graduated. During that time many of the classrooms were held in demountables and the tuckshop was a caravan. 'Even though the school has changed physically, you still get the same sense of community and spirit that has always been here. Some of the teachers who taught me are still here and I love that,' said Carmen.

We wish Carmen all the best as she completes the remainder of her Masters degree and looks forward to hearing where her teaching journey takes her.



INSPIRING LITTLE HEARTS to find joy in the kitchen

SUNSHINE COAST'S 100 MOST INSPIRATIONAL WOMEN

As we continue to celebrate International Women's Day and champion women's achievements, it is fitting that we celebrate past student, Ella Woodborne (2021), for her recognition in the Sunshine Coast's 100 Most Inspirational Women.

Ella was listed as number 51 and is recognised amongst other inspiring women including, sports stars, musicians, business owners and of course our Principal, Mrs Anna Owen.

Ella is a fierce ambassador for climate change and during her time at Grammar, she established the Grammar Green Team to inspire others to explore new ways to help the Earth become a healthier planet. Ella was the primary spokesperson of this expanding school Team, which is still an important and thriving initiative at Grammar.

Ella was also named the Sunshine Coast Young Citizen of the Year at the Australia Day Awards in 2020 and is currently the youth ambassador for EarthTech, which is a business that develops technologies that can combat environmental issues such as climate change.

Thank you to The Courier Mail for recognising Ella's climate activism. We look forward to continuing to support Ella's achievements, including championing her legacy, Grammar Green Team, whose first initiative of the year was participating in the school's annual Beach Clean Up on Saturday 12 March 2022. Congratulations, Ella!

At Sunshine Coast Grammar School, we value the connections we have with our Alumni network, and always enjoy hearing from past students and celebrating their adventures and achievements.

We recently caught up with Emma Swan to chat about her favourite memories as a Grammar student and how her two favourite things, cooking (and eating) and connecting with people, have combined to create a successful business, Hearty Little Kitchen.

After graduating from Grammar in 2010, Emma went on to study a Bachelor of Primary Education (First Class Honours) at the University of Queensland and has been teaching in Brisbane ever since.

'I have nothing but fond memories from my time at Grammar. My favourite thing about Grammar was the community feeling that I felt every day, and the positive relationships I formed with my peers and teachers. The people around me made me feel safe and confident to be myself and for that, I am so grateful,' said Emma.

Emma has taken time off from her teaching career this year to focus on another passion of hers, home-cooking.

'Good food has always been a massive part of my life and I have relished the opportunity to experiment in the kitchen and with that Hearty Little Kitchen was founded,' said Emma.

Emma's passion for healthy, home-cooked meals will inspire a generation of home cooks. Hearty Little Kitchen is all about showing kids, tweens, teens and young adults how much fun they can have in the kitchen, and how cooking can build their knowledge, skills and confidence.



'One of the best things we can do is encourage our kids to get involved in food preparation, which gives them a sense of ownership over what they are eating,' said Emma.

Emma has created an Intro to Cooking Course and has free lunchbox recipes and ideas. Check out Hearty Little Kitchen and get creative with your kids in the kitchen.



NEW PREP PRECINCT COMING IN 2022

A new space at Grammar for curious young minds.



SUNSHINE COAST
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scgs.qld.edu.au