



## PERMA

"Hey Honey, I got a promotion at work today." – "Wow, tell me all about it, how did you find out, what time did you get it, tell me exactly what the boss said, how did you feel, that's amazing!" (*all said with cuddles and high fives*).

"Hey Honey, I got a promotion at work today." – "That's lovely dear." (*said while not looking up from the telly*).

"Hey Honey, I got a promotion at work today." – "Oh great, now you are going to spend even less time at home!" (*said with a frown*).

"Hey Honey, I got a promotion at work today." – "What's for dinner?".

Above are four typical responses that people use when someone shares stuff with them. They are in order, Active and Constructive, Passive and Constructive, Active and Destructive and Passive and Destructive. Sounds a bit complicated right? Read them again and see if you can join the dots.

This week at our staff meeting our team continued to work through Martin Seligman's book **FLOURISH**. We looked at these types of responses and reflected on times in our own relationships, personal and professional, where we have used each. We all do it. Seligman teaches us that only one actually builds positive relationships, the first one an active, constructive response to people who are speaking to us. Make eye contact, use appropriate touch, ask questions, be interested, care. Surprise, surprise, it makes a difference.



Positive relationships are an important factor in our wellbeing. Seligman uses the acronym PERMA to describe five elements that increase wellbeing. Positive emotion, Engagement, Relationships, Meaning in life and Accomplishment. When we get these five right in our lives our wellbeing grows.

Removing things that get us down is not the clue, growing PERMA is. We will always have highs and lows, so will our kids. Our wellbeing helps us through the tough times. We can be deliberate about each of those elements, and a simple way to grow the 'R', relationships, is simply through an active, constructive response to those around us. Seligman tells us that the more we behave like that, the more those around us will flourish, seek us out, want to be with us, want to share life with us and, of course subsequently the more we will **FLOURISH**.

Shane Altmann  
Principal

## SECONDARY SCHOOL

**SECONDARY BIG SPLASH** - Please be reminded that the Big Splash has been rescheduled for 11 March. This is a compulsory event and an important part of what we do to build community and House spirit. If your child is unwell, please notify the office of their absence as per the normal routines.

**TEACHER DEVELOPMENT** - Our teachers are consistently reflecting and asking themselves what can I do to improve the learning of the students I work with. To assist with this, in 2020, the College has implemented a Teacher Performance and Development (TP&D) Framework. As part of this teachers may email surveys to randomly selected students to provide feedback on the learning environment created. This information will be used in conjunction with other information to create better learning in the Secondary School.

**CHESS CHAMPION** - Congratulations to Sam Quin on finishing 1st in Division 2 of a recent Gardner Chess Competition. This result places Sam as one of the best Chess players for his age in the State. What a great achievement!



**SWIMMING SUCCESS** - Nicholas and Jasna competed at the Bayside District Swim Trials last Thursday and really did themselves proud, earning selection in the District Team for the Metropolitan East Regional Trials taking place this week! We wish them both the best of luck.

**ACTIVE@FAITH TOUCH FOOTBALL KICKS OFF** - Active@Faith kicked off in style over the last two Friday nights with students across our Junior and Secondary Schools competing in the Redland's Touch Competition. It was great to see a large number of our students participating in the local community in their Faith colours. Heaps of fun has been had with some wins and losses. Congratulations to all involved.

### Active@Faith Volleyball

What a first night for our girls Volleyball team playing in the local competition. This group of girls have arranged to play outside of the normal volleyball season and tonight had their first game and a first win. The effort they, their parents, Mr Walker and Mrs Lennon are already putting in is superb and we are excited to see what they achieve in 2020.

**FROM THE KITCHEN** - Our Year 11 Cert 3 Hospitality students received their chef's uniforms. Today they were learning about food hygiene whilst in the process of making some cafe style sandwiches and non-alcoholic beverages. We are looking forward to tasting the amazing things they will produce as they work through their VET qualification.



**NATIONAL BULLYING NO WAY DAY** - On Friday, 20 March we will be recognising 'Bullying No Way Day' at the College through some small activities and an Orange Themed Free Dress Day. More information about this will follow prior to the date.

**MORNING FITNESS SESSIONS** - There's no better way to start the day! On Monday, Wednesday and Friday mornings, the Faith Gym has been full of students from Year 9-12 who are improving their fitness.

Faith Flyers has also relaunched and runs on Thursday mornings for all students. The group leaves from the top carpark at 7:15am. Students need to be in College sports uniform or suitable running gear.



*Stuart Needham  
Head of Secondary School*

## JUNIOR SCHOOL

**2020/2021 ENROLMENTS** – We are currently interviewing for Prep 2021 and other vacancies that exist in some year levels. If you have not enrolled your child yet, please do so as soon as possible to ensure there is a place for them. Places are filling fast!

**CONNECTING WITH COMMUNITY** – Some of our students volunteered to help our local community by participating in Clean up Australia Day! How wonderful to see some of our students giving up their morning to clean up areas around our local community. Thank you kids for servicing and caring for our local area!



**BULLYING. No Way! Day** is this coming up on 20 March. All students and staff are invited to wear something black or orange and a little crazy such as odd clothes, bright coloured socks or odd shoes on the day. This point of difference in our appearance is to signify the acceptance of each person as an individual with the differences that we all bring. Students in all year levels will be involved in specific learning activities focussed on taking a stand together. Students are not required to bring along any money. Our kids will also take part in an incursion the week before called 'Let's stamp out Bullying'.

**HOLY WEEK** – During Week 10 of this first term we will hold a Holy Week Worship service each afternoon at 2:00pm in the SPAH. We invite parents and members of our community to come and join us as we share the Easter story. Each class will be involved in assisting with a service on one of the days during that week. Our Friday, 3 April service will commence a little earlier at 1:45pm and will be a whole College service as we celebrate the Resurrection. We hope that you can join us!

**CHAPEL, ASSEMBLY AND SPECIAL EVENTS** – Thank you for your diligence in signing in when you are visiting our campus. It supports us to keep our school a safe place for all students. To make things a little easier during our regular community events, sign in and out sheets will be in the SPAH foyer every week for Assembly and Chapel. Any special events in the SPAH will also have a sign in and out sheet available. If the special event is taking place somewhere else around the school, like a sports carnival or celebration of learning, sign in and out sheets will be in the Café Flourish area. Additionally, we ask your assistance in **not taking your child home early if you have come to watch Chapel or Assembly. Our school day ends at 3:00pm** so if you are coming to share in our community time, please let your child return to class and finish their school day rather than take them home early.

**DAN WARLOW PRAISE CONCERT** – on Wednesday, 11 March Dan Warlow will be visiting during our Chapel time to give a praise concert for our students. We will start a little earlier as the concert goes for 1 hour so we will kick off the fun at 1:30pm. Our students really enjoyed this last year so we are looking forward to another great afternoon of fun.

**PARENT TEACHER INTERVIEWS** – On Tuesday, 31 March 2020 we will be holding our Junior School Semester 1 Parent/Teacher Interviews. Each interview will be ten minutes in length and are scheduled back to back commencing at 3:10pm and concluding at 8:20pm. The teacher will share your child's progress with you and any areas of concern they may have. It is also an opportunity for you to discuss any concerns or issues you may have regarding your child's progress.

Booking are now open via Parent Lounge : <https://tass.flcr.qld.edu.au/parentlounge>

**CONGRATULATIONS** – Maddi Kirkman (Year 5) will be competing in the State Open Age Diving Championships this Saturday and Sunday - competing in U11 - 1m, 3m, and U13 Syncro on 3m. Maddi has already qualified for Nationals to represent Queensland in diving this April. Well done Maddi, we are proud of you!



Thank you for continuing to partner with us on your child's learning journey – what a wonderful community we have here at Faith!

*Jodi Blackwell and Greg Tagney*

## AWARDS

### JUNIOR SCHOOL 5C AWARDS

<b>CARE</b>	Patsy Renete (1N), Savannah McMillan (1G), Stella Goble (1G), Georgia Ramage (1W), Alisa Weng (2W), Juliene Nery (2W), Mardi Steele (2G), Roxy Goble (3N)
<b>COURAGE</b>	Nate Thiganoff (3N), Grace Kim (4N)
<b>COMMITMENT</b>	Elijah Kaiser (2G), Lachlan Willis (2G), Sofia Hirai Nascimento (4N), Kyle Day (4N), Amelia Bausch (5N)
<b>COURTESY</b>	Stella Goble (1G), Nicholas Jackson (2W), Hope Forshaw (2G), Ben McLatchie (5G), Noah Wheeley (5G), Isobel Daffy (6G), Joshua Idriss (6G), Lucas Bird (6G)
<b>COMMONSENSE</b>	Eli Coleman (1N), Geoffrey Boland (1G), Spencer Knight (1W), Dane Perry (1W)

### JUNIOR SCHOOL CLASS AWARDS

<b>1N</b>	Jayden Hall, William Shipp, Eli Coleman, James Stevens	<b>4N</b>	Chloe O'Donnell, Max Rhodes, Sweetie, Kyle Day
<b>1W</b>	Dane Perry, Alexis Hill, Jaxon Maloney, Emilia Whitby	<b>4W</b>	Jeremy Newland, Sienna Maloney, Stella Eberhard, Riley Kay
<b>1G</b>	Geoffrey Boland, Kane English, Joseph Mechil, Willow Behague	<b>5N</b>	Finley Barrago, Lucy Upton
<b>2W</b>	Nash Thew, Nicholas Jackson, April Del Manso, Juliene Nery	<b>5G</b>	Levi Haydon, Hunter Behague
<b>2G</b>	Boston Becker, Abbie Ribeiro	<b>6W</b>	Zoe Gardiner, Kai Grant, Noah Wyllie-Smith, Claudia Rhodes
<b>3N</b>	Andrew Wilson, Ruby Phillips, Julia Dalgetty, Noah Quin	<b>6G</b>	Imogen McDonald, Ed Rodgers, Nicholas O'Brien, Michael Gele
<b>3W</b>	Jessica England, Oliver Stokes, Ada Shearn, Arvin Basnet		

## SPORT NEWS

**TOUCH FOOTBALL** - The U14 Boys Touch team secured their first win of the season last Friday evening, with a score of 5-4 against Quora. It was an 'edge of the seat' game, with the Falcons fending off a last minute attack to secure the victory.

**MET EAST SWIMMING TRIALS** - Five of our Faith swimmers, Jasna Pospisil, Nicholas Koperberg, Tyran Thirkettle, Amelia Bausch and Coby Lucas competed at the Met East Swimming Trials on Tuesday performing well in their age groups. Qualifying times for selection in the Bayside Team are very tough, so it's quite an achievement to make it through. Well done to all students!

**DISTRICT SUCCESS** - Mia and Lily Teunis (Year 6) made the 12 year girls Districts Team for Basketball - Well done girls!



## COLLEGE CALENDAR

Friday, 6 March	FLAT Trivia Night
Monday, 9 March	Junior School Principal's Tour
Wednesday, 11 March	Secondary School - Big Splash
Friday, 13 March	Junior School 'Let's Stamp out Bullying' Incursion
Tuesday, 17 March	Mt Binga Information Evening
Wednesday, 18 March	Secondary School Principal's Tour
Thursday, 19 March	Year 6 Transition Day
Friday, 20 March	Prep - Alphabet Day
	National Bullying 'No Way Day'
Sunday, 22 March	Heritage and Harmony Siesta : Voices of Faith and Senior Singers
Mon, 23 - Tues, 24 March	Year 12 Biology/Geography Camp
Wed, 25 - Fri, 27 March	Year 4 Camp
	Year 5 Camp
Thurs, 26 - Fri, 27 March	Year 12 Service Learning Camp
Tuesday, 31 March	Secondary School Cross Country Carnival
	Junior School Parent/Teacher Interviews
Mon, 30 March - Fri, 3 April	Holy Week Services
Thursday, 2 April	Year 7 Science Fair
Friday, 3 April	Last Day of Term 1 for Students and Staff
Monday, 20 April	First Day of Term 2 for Students and Staff
Tuesday, 21 April	Secondary School Class Photos
Wednesday, 22 April	Junior School Class Photos
Wed, 22 - Fri, 24 April	Year 8 Camp
Friday, 24 April	Junior School Twilight Tour and Movie Night
Monday, 27 April	Year 9 Depart for Mt Binga Camp
Tuesday, 28 April	Secondary School Parent/Teacher Interviews
Monday, 4 May	Labour Day Public Holiday
Tues, 5 - Fri, 8 May	Year 6 to Year 7 Transition Interviews
Thursday, 7 May	Bayside Cross Country - 10 - 19 Year Olds
Tuesday, 26 May	Met East Cross Country
Thursday, 28 May	Year 11 Driver Education Excursion

### LLL BANKING

The LLL is pleased to announce the release of their banking App! Designed specifically for banking on the go, the LLL App is simple, secure and convenient, and is available now for free download. Please click on the following link [www.lll.org.au/app](http://www.lll.org.au/app) for further details.

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