

### Mr Jim Ford | Principal

#### “Nothing in life that is worthwhile, is easy”

This week on assembly we presented certificates based on outstanding effort and behaviour in class for Term 1. “Virtues of Excellence” were presented on Wednesday assembly and “Virtues of Encouragement” in the Pastoral Care class. The criteria are exacting, requiring sustained effort and engaging in class activities. The important thing is for students to appreciate that this is what we value and acknowledge. The magic ingredient for success in the long term is what a student does now on a sustained basis, results will follow. In some cases the overall academic rating will be a modest one, the person however, will be the type of potential employee that every business would like to hire.



#### Change To Wearing Of School Uniform

A reminder that commencing this term, the College sports jacket is only to be worn with the sports uniform. The formal uniform requires the College jumper (available from Uniform Solutions). This applies to all students.



### Mrs Jeanette Refalo |Assistant Principal Mission The Spirit

Next Sunday we celebrate the feast of Pentecost, known as the birthday of the church.

Jesus had already ascended into the heavens, and the Apostles were deflated, scared, confused, and at a loss not knowing what to do. Being energised and continuing their mission to preach about Jesus was not occupying their minds.

Pentecost commemorates the coming of the Holy Spirit – transforming the frightened, confused Apostles of Christ into church. The first Pentecost provided a deeper understanding of what Jesus had achieved and was a tangible experience to bring about courage, knowledge, direction, and commitment! This physical experience of the Spirit entered as a roaring wind settling upon them as tongues of fire. Jesus had breathed the Spirit upon the Apostles.



- What changes in you do you wish the Spirit could send your way?
- In what ways do you need more courage, knowledge, direction, or commitment?
- In what ways are you like the scared disciples before Pentecost?
- In what ways are you like the disciples after Pentecost?

May the Pentecost feast open our ears and prepare our tongues to evidently accept and live the Gospel message of Christ in our day to day lives.

### Mr Chris Apelt | Assistant Principal Teaching and Learning Reading Tutoring Opportunity

Reading is an essential skill and is crucial for students’ success in school and beyond. An opportunity exists for students who are struggling with reading to receive free tutoring for 6 months from the Griffith University. If you would like your child to apply, please see the flyer below.

Does your 8-14 year old child struggle with reading?



**GRIFF LINC READING RESEARCH**



Image – MS Word Stock Image

**FREE ONLINE TUTORING FOR 6 MONTHS**

Students must be available 2 -3 times per week for 30 mins

The Griff Linc Reading Research team has developed a new tutoring method for middle years students struggling with reading. The tutors use artificial intelligence to write short texts specific to your child’s interests and reading level, and use a six-step teaching method during each tutoring session. The researchers collect data on your child’s reading assessments at the beginning and end of the project, as well as video recordings of the tutoring sessions. This data will be used to evaluate the impact of the project on middle years students struggling with reading.

<b>RESEARCHERS:</b> Professor Beryl Exley & Dr Frances Hoyte	<b>TO APPLY:</b> Email - <a href="mailto:f.hoyte@griffith.edu.au">f.hoyte@griffith.edu.au</a> GU Ethics Reference Number: 2024/201
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### Mr David Paul |Assistant Principal Wellbeing Resilience Project - Gratitude

Gratitude is paying attention to the things that we have right now, and not worrying about what we don’t have. We practise this by noticing the positives that exist around us.

Research shows that practicing gratitude rewires our brains to overcome the negativity bias (which can lead to anxiety and depression) and see the world for what we are thankful for. It is also shown to broaden thinking and increase physical health through improved sleep and attitude to exercise.



View Part 2 of the series here:

Part 2 - Gratitude: <https://theresilienceproject.com.au/2023-parent-carer-hub-inspire-hugh/>

There are many ways in which you can practise gratitude, including starting a gratitude journal. You can simply use a notebook to list three things that went well for you each day or use a more comprehensive [Wellbeing Journal](#), like those created by The Resilience Project.

Source: [Psychology Today](#)

For mental health resources and support information, visit The Resilience Project's [Support Page](#).

**Date Claimers Term 2**

- Wednesday 15 May – Board Meeting 7:00pm
- Friday 17 May – CMC Sip & Paint 6:00pm
- Saturday 18 May – Gospel Group singing at St Francis Church 6:00pm
- Wednesday 5 June – Athletics Carnival (Whole School Event)
- Saturday 15 June – Gospel Group singing at St Francis Church 6:00pm
- Thursday 20 June – Show Day Holiday
- Friday 21 June – Student Free Day

*Quote*



*“How can we teach the love of God when our own hearts are cold?”*

Catherine McAuley

**Parent Orbit App**

Have you downloaded the Parent Orbit App yet? Just scan the QR code and enter your Username and Password. (Parent Lounge and the Parent Orbit App use the same login credentials). Use the “Forgot Password” button in Parent Lounge if you cannot remember your login details.



**NAPLAN Top Achievers**

Our NAPLAN top achievers for 2024 were recognised this week during assembly.



Well done to Michael, Hunter, Andrei, Sara, Matteo, Jasmina, Felicity and Summer.

**Miss Hailey Miranda | Netball Coach**

**CMC Netball**

The courts have been buzzing with excitement this year as our netball program continues to reach new heights. With a blend of unbelievable skill, teamwork, and a whole lot of laughter, our players have showcased remarkable growth and camaraderie in each team and as a group in whole. Our division A students in both Years 7 and 8, have won most of their games, bringing to the court gritty determination and unity. This year we are thrilled to announce the launch of our inaugural boys' representative netball team who will join the girls in representing the College in the Vicki Wilson Cup.



**Catherine's Cafe | Mrs Frances Deguara**

Week 5		Date	Volunteers	
Tuesday	May 14	Deb	Cynthia	
Wednesday	May 15	Kavene	Reneae	
Thursday	May 16	Natalie	Volunteer Needed	
Friday	May 17	Leanne	Kelly	Tenille
Week 6		Date	Volunteers	
Tuesday	May 21	Cynthia	Deb	
Wednesday	May 22	Liz	Volunteer Needed	
Thursday	May 23	Natalie	Volunteer Needed	
Friday	May 24	Monique	Denis	

**PEG Fundraising Event**

Please click on the link to purchase a ticket.  
<https://events.humanitix.com/catherine-mcauley-college-sip-and-paint-night>