This year the Seton College community has been called to ‘live life to the full’ by participating in our main fundraiser Walk for Change on Thursday 14 August.

**WHY DO WE WALK?**
We walk so that we “DO SOMETHING” to support our college charities – Daughters of Charity in Fiji, St Vincent De Paul, Catholic Mission, Caritas and Mary MacKillop East Timor Mission. This is our main fundraiser of the year and students are encouraged to aim high and collect many sponsors for their walk and in return we are fortunate to have a beautiful day in the sunshine together as community. Sponsor cards and donations are due back at school by Friday 22 August.

**WHERE IS IT?**
This year we are going to Pratten Park at Broad beach. The first photo shows where we will actually be walking. Mrs Lea-Anne London (Walk for Change Coordinator) and Mrs Alison Gilbert (pictured on the second photo) managed to get away last week to inspect the beach…and how amazing does it look?

**WHAT DO I WEAR?**
Students wear the college sports uniform. Closed shoes must be worn at all times.

**WHAT TO BRING?**
Students bring a small backpack with water bottle, hat and a jumper in case it gets cooler.

Morning Tea and Lunch will be provided, however students with particular dietary requirements are asked to bring their own food.

Should your son/daughter require medication for Asthma please ensure that they carry their inhaler for the duration of the walk. First Aid will be available on the day and first aiders will be aware of the needs of all students, but it is important that students are equipped with their own inhaler on the beach.

If you have any questions, please do not hesitate to contact Tina Gale at the College (3291 5333).

This year we are asking our community to ‘DO SOMETHING’ for others. To be the hands and feet of Christ in our community; working for good. This prayer, written by St Teresa of Avila, invites us to be the Jesus Christ in our world today. One way we can do this is to participate joyfully in our Walk for Change so that we are the change we wish to see in the world.

*Christ has no body now but yours
No hands, no feet on earth but yours.
Yours are the eyes through which He looks
With compassion on this world
Yours are the feet with which He walks to do good
Yours are the hands with which He blesses all the world.
Amen.*
Dear Parents, Staff and Students,

Last week the Archdiocese celebrated Catholic Education week. The theme for this year was “Live Fully”. This was a week in which we highlighted the work done by Catholic Education within the diocese and throughout Queensland. As a Catholic school, Seton College forms part of the important mission of the Catholic Church in Education. Last Thursday we celebrated the week with a special liturgy.

At Seton College, one of our sayings is “Look for the face of Jesus in everyone we meet.” This saying summarises for us the human qualities that Jesus taught us – love, kindness, humility, forgiveness, hospitality, acceptance and the importance of demonstrating these to friends, visitors and strangers. We welcome and accept all students. This can be a challenge. But it is implicit in this motto and the mission of our College, that we accept difference. Diversity is important for any community to be authentic.

With young people at school, an important part of their growth to maturity is recognising that they need to respect the dignity of others and accept that others can be different. This will help them to build enduring and rewarding friendships with their peers.

**Blessing and Opening of the new buildings**

The Archbishop and the Director will be present for the official Blessing and Opening of the new buildings on **Friday August 29th at 9:30**. All members of the community are welcome to attend this celebration. If you are able to attend please inform Mrs Maria McDonald in the front office for catering purposes for morning tea. Thank you.

**50th Jubilee Celebrations:**

As this is our 50th Jubilee year we will be holding a cocktail function for past and present members of the Seton community. This will be held on Friday 29th August between 5 – 7 pm. All adult members of the Seton community are welcome to attend this event to celebrate with past students and other members of the Seton community. If you are able to attend please inform Mrs Maria McDonald in the front office for catering purposes. Thank you.

**Exhibition Holiday**

Wednesday 13th August is a Public Holiday for the Exhibition.

**Walk for Change:**

On **Thursday 14th August** the whole school will be involved in our annual “Walk for Change”. Please see details of this in a separate part of the newsletter.

**Parent-Teacher Interviews:**

**Friday 15th August** is Parent-Teacher Interview Day. Students are expected to attend interviews with their parent(s). The exception to this is Year 10 students on Work Placement. These are important times of communication between parents, students and teachers about the academic and general progress of students. I urge you to take these opportunities for positive communication with the teachers.

I hope that Catholic Education week has given all of us an opportunity to be thankful for the work of the Spirit in each of our lives, in our youth in particular, in our schools, and in the wider Archdiocesan Church, as we work together to improve on the good work already happening in our schools.

Best wishes for the weeks ahead.

Mr Chris Raju
Principal
We have been focusing on our Seton value of ‘Saying the Right Thing’. It is so important that all of us use our words to build others up rather than tear them down. There is an old saying ‘If you can’t say something nice, say nothing at all;” perhaps this could be a topic for the dinner table during the week.

Senior students have been spoken to this week about working hard until the end of the year. This is not the time to give up and cruise into end-of-year celebrations. It is time to ‘work to achieve’, focus on achieving a positive Exit Statement, school reference and completion of QCE points. In the end, hard work will pay off.

**Parent-Teacher Interviews**

Bookings for parent-teacher interviews open on-line on Saturday 7 August at 7AM and close on Thursday 14 August at 12 noon. Parents can access the booking site through the Seton College homepage under ‘Community Access’ using the PTO icon at the top of the page.

Parents will need to know their parent log-on and pin number to access the site.

A letter with full instructions and information will be posted shortly. If you have forgotten your details, you can contact the school office.

You are able to log in and change bookings up until 8AM on the day.

I have received several complaints regarding students loitering and using inappropriate language in Nightingale Street.

**Could all parents please make sure that students are collected promptly from this area. Those driving vehicles need to also move quickly out of this area.**

Stay well and happy.

**Mrs Helen McNamara**

Acting Deputy Principal
This week our community celebrates the Feast of Mary MacKillop, our first Australian saint. Mary of the Cross was a woman who dedicated her life and work to God. She said, “...never see a need without doing something about it.” Mary worked for the poor and marginalised in Australia and suffered derision and even excommunication for her passion for this work. Her simple, yet moving story allows us think about the amazing power of one single person and their ability to make a change. Her dedication to providing the poor with support and children with education is an inspiration!

Ever Generous God
You Inspired Saint Mary MacKillop
To live her life faithful to the gospel of Jesus Christ

To those who were disinherited, lonely or needy;
And constant in bringing hope and encouragement
With confidence in your generous providence

We ask that you guide us to forgiveness and love of all people.
And joining with Saint Mary MacKillop
We ask that our faith and hope be fired afresh by the Holy Spirit
So that we too, like Mary MacKillop, may live with courage, trust, openness and forgiveness.
Ever generous God, hear our prayer.
We ask this through Jesus Christ.
Amen.

As a teacher I am often involved in Professional Development that assists with our college’s planning and implementation of the curriculum area which I am involved in. The latest Professional Development I undertook was only a week ago and I was pleasantly surprised by the different focus of the conference. Its theme was “The Heart of Vision” and focused on the development of our spiritual selves as Catholic educators. Along with about 50 other teachers from across Queensland we shared Eucharist and prayer and heard from amazingly insightful guest speakers including Brother David Hall, Dr Janet Smith, artist Jan Hynes and Father Bob Macguire, whom you may know from the Channel 10 show The Project.

The theme “The Heart of Vision” continued to bring my mind back to our Seton College community where we strive to ‘Lift Up the Hearts’ of all members of community at all times. Particularly in this our 50th year it was wonderful to hear from Father Bob Macguire that schools are often at the ‘heart’ of the Catholic community. It made me focus and reflect on the huge hearts of the people who have gone before us at Seton College who have paved the way to ensure the success we have here each day. These people who were so big hearted that they sought to provide education in a way that allows all students to ‘have a happy day’ and allows ‘everyone the right to learn’ each day.

Peace and Blessings

Ms Alison Gilbert
Acting APRE
Irresponsible Children: Why Nagging and Lecturing Don’t Work by Debbie Pincus, MS LMHC
Read more at: empoweringparents.com

If you’re like most parents, you probably spend enormous amounts of time and energy teaching about the importance of being responsible. You encourage it, you explain why it’s important, and you remind your child again and again why they should do the things they’re supposed to do. You complain, nag and lecture, but to no avail.

Instead of learning responsibility, your child is learning how to function in reaction to you. Here’s an example. Let’s say your adult son always shows up at the last minute and expects dinner to be waiting for him. When he arrives, you start lecturing him about how he should call ahead, and criticize him for his inconsiderate attitude while waiting on him hand and foot. This will not teach him anything about being more thoughtful in the future. In fact, you’ve probably motivated him to come as late as possible next time to avoid criticism and stress. A better way to handle it is to tell him if he doesn’t let you know he’s coming home for dinner by four p.m., you won’t be able to make anything for him—and then stick to your word. The key is that you’re taking responsibility for what you will and won’t do here and letting him deal with the natural consequences. No lectures, no preaching, no criticizing, no personalizing. The goal isn’t to change him—you can’t. The goal is to become a strong, clear individual who he respects and who is inspiring.

Here are four steps that will help you move toward having more responsible kids:

1. **Put the lecture on “pause.”** When you’re worried about your child’s irresponsibility and you’re about to lecture and preach, stop for a moment and breathe. It is in this space that you can choose to respond from a knee-jerk reaction or from a more thoughtful place. The knee-jerk response often calms you down momentarily, but it’s the start to becoming a nag. When you pause and think about the bigger picture, you can make a better choice. Without the pause, it’s easy to let your emotions lead you astray.

2. **Shift your gaze off of your child—and onto yourself.** Confront yourself with the important questions. What are my options if my child is not acting responsibly—and which option do I want to choose? And am I willing to live with the possible consequences of that choice?” It’s more effective to determine what your bottom line is, and then give consequences when your child doesn’t do his job.

3. **What does my child need?** Understand that kids with ADHD, ADD or other learning disabilities may need a different kind of guidance from parents. Perhaps they often forget homework at school or neglect to hand it in, even when they’ve done it. If this is the situation in your family, your job is to help your child create a structure for himself. You will likely have to stay more involved and check in more often. Another thing to ask yourself is, “What does this child need?” Not, “What do my kids need,” but “What does this particular kid need?” And then determine what your responsibilities are and aren’t. It might be that you have to help your child design a chart to keep track of what he has to do. But he should then be in charge of putting a check next to those things when they get done.

4. **Know when you’re in your child’s box.** Most of the time we’re not necessarily aware that we have crossed boundaries. There are usually signs that you have stepped into your child’s box. It might be when you’re feeling frazzled, at the end of your rope, and frustrated. On the other hand, when you feel calm and engaged in your own interests, that may indicate that you’re in your own box. Most of us think we’re teaching our kids responsibility. But truth be told, we’re really preaching it. This only creates more dependency. Dependency in relationships doesn’t encourage kids to be responsible for themselves—quite the opposite, in fact. The more you act in ways that respect your own values and principles, the more you will promote the necessary emotional separateness between yourself and your child. The more emotionally separate you are, the freer your child is to see you more clearly, with all your strengths and weaknesses—which allows him to see himself more clearly. And the more clearly or objectively your child sees himself and others and acts on that awareness, the more responsible for himself he can become.
These past few weeks we have had bumper harvests from the Seton College Organic Produce. The produce includes Asian greens, zucchini, kale, Pak Choi, parsley, salad greens and beetroot, with tomatoes ready for harvest very soon.

The chickens continue to lay jumbo-sized eggs despite the cold weather. We’ve also had a big lime harvest this year!

Outside in the gardens we are madly preparing for the 50th Anniversary celebrations – planting annuals along the path to Learning Enhancement and lilly pillys and border plants in the native garden. The rain has been welcomed with a spurt of new growth on the plants.

Future projects include a variety of indigenous plants enhancing the existing native garden.

Did you know it takes approximately six (6) solar panels to run one (1) air conditioner if it is run at 24º. If the air conditioner is run at a lower temperature, then the cost increases! We are committed to reduce our energy costs over the 2014 year and therefore encourage our students to turn off lights, air cons and fans at the end of the second, fourth and six lessons.

Sustainability Committee
My Career Advisor Website

A Pathways Plan is a form of planning for Year 10, 11 and 12 students as you enter your senior years at school. Year 10 students will be completing their SET Plans this week. Year 11 and 12 students will continue to have their SET Plans reviewed once each in Year 11 and Year 12. This process assists students with focusing on their current career goals.

By identifying your short term goals, strengths and interests, you can make longer term career goals. Once you know your career goals it will make it easier to choose your school subjects; to identify if you are hoping to do an apprenticeship or traineeship or alternatively to continue your study at University.

The Pathways Plan helps you to plan your future and by re-visiting it each year, you can make sure you are on track to achieve your goal. If your long term goal has changed slightly, modify your short term goals or adjust your subject selection as necessary.

Log onto My Career Advisor and you will find these Pathways Plans in the menu on the left hand side.

You can access My Career Advisor at www.mycareeradvisor.com.au and use the username and password specific to our school.

Username: seton.qld.edu.au
Password: seton4122 (no spaces, no capitals)

Work Experience

Work Experience is well under way for the term. Best wishes to the Year 10 students who commenced their placements last Friday.

As part of our on-going continuous improvement of our systems and procedures as a duty of care, we have placed pink stickers in the Homework Diaries of students who have difficulty getting their Work Experience diary signed each week.

The stickers provide us with documentary evidence that the student has attended Work Experience/traineeship/outside courses each week as a parental signature is required on the sticker as well as the date and number of hours worked. The students are expected to bring the diary to the VET room for signing and recording of the hours worked.

Term 4 work placements have begun. Students are reminded that it may take considerable time to organise the placements. If your son/daughter has not handed in the Preference Form we would encourage her/him to do so as soon as possible to ensure placement from Week 1 in Term 4.

World hunts for App Makers

There is a global shortage of mobile app developers. More than 1.2 billion people now use mobile apps annually and the figure expected to increase by almost a third every year until 2017. An expected 250,000 digital practitioners will be needed by 2020 according to the Australian Digital Industry Association chief executive.

Demand is for JavaScript developers with HTML5 and CSS3 skills for web development. If you are up for the challenge, then this is an opportunity for those seriously interested in the IT industry.

G20 Global Café

The Brisbane Global Café website is now live, leading up to the G20 Leaders Summit on the 15 and 16 November. The website is hosting online discussion forums between July and November. Go to www.brisbaneglobalcafe.com for further information.

Cyber Safety and Your Digital Footprint

Students are reminded that employers look at prospective employees via Social Media these days. What is posted on Facebook, Twitter, Instagram may enhance your job prospects but may also be a hindrance if the information is not appropriate to their corporate image.
FROM THE VET TEAM

GoGetta Job – Jobs for YOUth
Your one stop shop for Youth Employment dedicated to YOUth aged 14-20. You can contact the friendly team on phone 1300 887 524 and you can register online for free updates on the website - www.gogettajob.com.au It’s an easy to use website, free resource for jobs, information and alerts. Employers are listing their jobs on the GoGetta Job website! Come in and get a card from the VET room to download the free App.

QTAC
Year 12 students have been given a QTAC Guide to Tertiary Courses. This book provides information to students who intend to further their education through a TAFE or another tertiary institution and general ‘how to’ information. Students studying a Certificate III or higher at a TAFE or other Registered Training Organisation may be eligible for a QTAC selection rank depending on the type of course studied and other criteria, as applicable to QTAC.
For students who have been studying courses outside of school at TAFE, Skills Tech or another RTO please hand in a copy of your results to the VET room so that we can keep a copy on file in case there are any queries from QCAA or DETE while you are at school.

Disability Awareness & Opportunity Expo – Friday September 12th
Carindale PCYC, 27 Narracott Street, Carina.
Bringing together 50 exhibitors from around Brisbane and set to attract 500+ people, this is a unique opportunity to engage directly with the community seeking information and connection in the Disability Sector.
Ph 3900 7250 / 0417 729 315 / info@specialcarecentral.com.au

Sue Oxley and Kathryn Flint
VET Coordinators

LOST GOCARDS

There are a lot of GoCards that come to the Student Reception’s lost property and they can not be returned to the students as they have no name on them. Could the students please have their names in permanent pen marked on the cards and also it is a good idea to have them registered.
Thank you.

Mrs Tina Gale
Student Support Secretary

FREE DELIVERY—ENTERTAINMENT BOOK

Books are only $65 and $13 goes towards our fundraising!
Seton College
Belinda McAuliffe
1148 Cavendish Road
Mt Gravatt East QLD 4122
Phone: 07 3291 5333 | Email: bpmcauliffe@bne.catholic.edu.au
Please remember to reference Seton College when registering your 2014 | 2015 Entertainment™ Membership.
Greetings to all you busy mothers out there!
From the moment you open your eyes to the time you shut them at night, a mother’s work is never done. Breakfast for the family, making lunches, taking the kids to school, household chores, and grocery shopping… the list goes on.

For most selfless mums out there, finding the time to exercise is a battle in itself! Fortunately for a few of you out there, you use this time as your “me” time. Time for you to do something for you! Exercise can be very rewarding. It can give you a sense of accomplishment (not that looking after a family is not an accomplishment in itself!). It releases endorphins, giving you a sense of wellbeing. It’s also a good way to vent out frustrations and other negativities in your life. However exercise should give you results… and the quicker the better, since without results motivation often fades. It should also have some element of fun in it. A mum’s life is already full of repetitive chores, you wouldn’t want this in your exercise regime as well, would you? Lastly, some sort of supervision and attention would be good. You spend your life attending to your kid’s needs; it would be nice if this can also happen for you.

If any of this describes you, then hey! Do we have something for you…

**Until 15th of September**, CrossFit Switchback is offering our “2 for 1” deal – bring a friend and share the cost of one intro package.

In addition:
- You will have your own mum’s class scheduled (9.15am), right after you drop those monkeys off to school;
- You will train in a class environment with your own peers, most with similar levels of fitness;
- You will have a dedicated coach teaching you all the movements of CrossFit as well as monitoring your progress;
- You will enjoy a new routine every day;
- You will perform exercise movements which will help you with your daily activities;
- You will see results within the first month of participation.

Call us on 0415 135 199 for more information, or simply come down at 9.15am Monday to Friday to check out the class for yourself.

Thanks for reading and have great day…

CrossFit Switchback
6/39 Secam St, Mansfield (just off Wecker Road)
www.crossfitswitchback.com
Email: info@crossfitswitchback.com