MBBC MIRROR PROGRAM

The attributes we would like to see in an MBBC young man are:

Merciful
Independent
Resourceful
Respectful;
Open Minded
Resilient

The last of these attributes is to be resilient. All other attributes lead to this.

A resilient person is one who has developed the ability to cope with change and adversity. He is emotionally strong and secure in his character and abilities.

When we think about what we really want for our children, it is a desire that they be happy, successful and productive contributors to of society. To do so they need to able to deal well with the challenges and demands they will face each day. Drs Brooks and Goldstein, who wrote Raising Resilient Children state, “resilience embraces the ability of a child to deal more effectively with stress and pressure, to cope with everyday challenges, to bounce back from disappointments, adversity and trauma, to develop clear and realistic goals to solve problems, to relate comfortably to others and to treat oneself and others with respect.”

One of the dangers we face as parents is that, in our desire to do the best we can for our children, we can overindulge and/or overprotect our children and, as a consequence, they are unable to cope when things go wrong or they do not get their own way. Boys especially are good at a learned helplessness. They practise this early on their mothers! They soon work out if they do things badly or look hopeless enough, someone may do it for them.

I thoroughly recommend the following website for ways we can encourage our children to be more resilient. http://www.raisingresilientkids.com/

2008 Yearbook

The yearbook will be distributed on the last day of school to all boys. It looks amazing and is a terrific reflection of a busy, but productive year. Our thanks to staff for their contribution, particularly Ms Jayne Cusack and Mrs Louise Seddon, who compiled and edited it.

Holiday Office Hours

The office will be closed from Friday 19 December, 2008 and will reopen on Monday, 5 January 2008.

Semester Reports

Parents are reminded that reports will be posted home on Wednesday, 10 December 2008.

Speech Night

Our Speech Night last night was a fitting way to celebrate the end of the academic year. Congratulations to all boys who were awarded prizes last night, especially the following:

Eagle Eye Award Matthew Wood
Primary School Eagle Award Lachlan Angus
Middle School Eagle Award Thomas Grayson
Dux of Primary School Marcus Fogg
Dux of Middle School Maxwell Lyons
Dux of Senior School William Toohy
Caltex Award Kyle McCann
Long Tan Award Joshua Ferguson
Bert Hooker Memorial Award Daniel Kyranis
**Christmas Service**

Our annual Christmas service will be held on Tuesday, 2 December at Creek Rd Presbyterian Church, cnr Fursden Rd and Creek Rd Carindale (ie the same venue as the Easter service), commencing at 6.30pm. All boys in the College will be involved and are therefore expected to attend. Summer uniform (ie no ties) may be worn. Hats are not required.

**End of Term**

Term finishes on Thursday, 4 December at the usual times. Parents and boys should anticipate that regular class work and homework will continue to be set right through until the end of term.

**P&F Executive**

Unfortunately I left out one member of the 2009 P&F executive. The full list is follows:

- **President**: Karen Austin, (Matthew, Year 5)
- **Vice President**: Lisa Thompson, (Nicholas, Year 4)
- **Committee**: Andrew Munro (Ryan, Year 6), Darren Wallis (Liam, Year 4, Mitchell, Year 2 and Braydan, Prep), Natasha Punin, (Benjamin, Year 5, Max Year 4, Alex and Zac, Year 2), Audra Tucker (Blake, Year 4 and Jordan Year 6) and Hayley Finnis (Tyson, Year 4).


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**Weekly Update**

**Assembly**

Assembly will commence at 8:30am on Friday, 28 November 2008.

**Memory Verse**

The time is coming when people won't listen to good teaching. Instead, they will look for teachers who will please them by telling them only what they are itching to hear.  

*2 Timothy 4:3*

**House of the Week**

Congratulations to Dunlop for being House of the Week last week.

**Award Cards**

Congratulations to the following students who received award cards last week: 

- **Prep** - Angus Marshall, Nathan Lycho, Nathan Baker, Gil Griffiths, 
- **Year 1** - Finley Mitchell, Connor Southern, Jay Schloss, Isaac Anderson, Brenda Fisher, Nicholas Cowley, Blair Richter, Benjamin McLaughlin, James de Raat, Luke Ferguson, Hamish Stewart 
- **Year 2** - Jonathan Kumar, Abraham Mataitini, Lachlan Sheffield, Peter Lahanas, Mason Carr 
- **Year 3** - Joshua Sloman, Mitchell Torrens, Callum McKechnie, Matthew Binks 
- **Year 4** - Blake Tucker, Angus Barker, Sebastian Wagner 
- **Year 5** - Ivan Diklich-Zelich.

**Housekeeping**

**Wet Weather Information Line**

The wet weather information line is available to call at anytime to check if your son's sport matches or any other event will still be taking place whilst there is rain. The number is 3906 9450.

**Absentee Line**

If your son is unwell or is not coming to school please call our absentee line on 3906 9494. Please leave your son's name, Form/Class and the reason for his absence.

**Before/After School Sport**

If your son is participating in any before or after school sport can you please ensure to send a water bottle to school with your son.

**MBC/MBBC Uniform Shop Christmas Opening Hours**

Opening hours for the Uniform Shop are as follows: 

- Normal Trading hours of Monday – Thursday 7:30am – 4:00pm until 4 December 2008 
- Holiday Hours from 8 December – 19 December 2008 8:00am – 4:00pm by appointment only. 
- Normal trading hours resume on Monday 12 January 2009.
Leadership Positions 2009

Congratulations to the following boys on their appointments to leadership positions for 2009.

Semester 1 House Vice Captains:

Year 6:
Doherty - Jesse Bayes
Dunlop - Alasdair Stewart
Flynn - Owain Thomas
Nicholls - Ewan Prosser

Year 9:
Doherty - William Matterson
Dunlop - Trent O'Brien
Flynn - Patrick Schofield
Nicholls - Darcy Angus

Senior Leaders for 2009:

College Captain - Joshua Ferguson
College Vice-Captain - Matthew Schofield
College Cultural Captain - William Toohey
College Service Captain - Daniel Kyranis
College Sport Captain - Matthew Day

The Captains' Inauguration Ceremony will be held on Friday, 30 January 2009.

Serving the Community

The Empty Christmas Tree
The Year 10 English Communication class is coordinating The Empty Christmas Tree Appeal this year. This appeal supports Mission Australia in its fundraising efforts to raise money and collect toys for homeless children who otherwise would not receive anything for Christmas.

You can donate a toy for this appeal. This toy should be brought to school unwrapped and taken to your classroom teacher. The toy should be one that you would enjoy receiving as a gift. Boys who bring in a toy will be invited to come along to our sausage sizzle and will receive a free drink, and sausage on bread, on Monday, 1 December.

Free Dress Day
On Monday, 1 December there will be a free dress day. To participate in the free dress day, boys will need to donate $2.00. This money will be collected by class teachers. The money raised will go towards the Mission Australia Christmas Appeal.

Library Update

Thank you to everyone for your support during the year. This is the final week for borrowing from the Library. Would you please talk with your sons to organise the return of all Library books by Friday, 28 November.

The freedom of holidays allows us wonderful opportunities to read. While we are not lending from our Library during this time, there are many public libraries that have thousands of books, CDs, DVDs and magazines to lend.
Vacation Care programs are currently being prepared for the December/January Holidays. An excursion to Sea World on the Gold Coast, on Tuesday 9 December will be the highlight. For booking bus numbers OSHC needs to find out who may be interested in attending. Please let Peter know if you would like your son to attend.

Our Vacation care opening dates are 5 December through to the 19 December. We then reopen from 12 to 23 January 2009. For more information please call OSHC on 3906 9428.

**Date Claimers**

**Tuesday, 2 December** - Christmas Service – Creek Road Presbyterian Church, 6:30pm. Compulsory event for all boys to attend.

**Upcoming Music Concerts:**
- 25 November: Piano Concert. Music room 3:00pm-4:00pm
- 26 November: Year 3 Strings and Year 5 Band Concert. Music room 9:00am-10:00am.

**Events**

**Adventure Club Weekend Activity - Surf Lessons**
Last Sunday, Adventure Club members and their families traveled to Main Beach on the Gold Coast to participate in a two hour surf lesson. Sixty-four people participated, represented by 44 children and 20 adults. Fingers were crossed for fine weather and we were presented with excellent learn to surf conditions. Most people stood up and ‘surfed’, and everyone had a enjoyable day.

This Thursday is the final Adventure Club session for the year. Remember that the finishing time this week will be 5:00pm, as we will be joining the Enviro Club for a joint presentation from 3:45pm.

**Community Forum**
We are holding a community forum with a representative from Brisbane City Council on Thursday, 27 November at 4pm in the staffroom. Please come along to find out what’s been happening in Enviro Club, Adventure Club and sustainability initiatives from BCC, as well as hearing about plans for next year.

**Chaplain’s Corner**

**LAUGHTER THE BEST MEDICINE**

Is there a better sound in the world than that of a child completely lost in joy and laughing out loud?

Though it can be difficult to define what exactly makes humour funny, laughter has long been considered helpful to the healing process. Substantial research indicates that humour and laughter play a health role.

Did you know that laughing:

- exercises the internal organs (great for the stomach muscles and the cardiovascular system),
- with all that mouth opening and deep breathing, laughing gets more oxygen to the brain (to enhance alertness and thinking),
- boosts endorphins (natural mood-elevating and pain-killing chemicals),
- strengthens the immune system (to help fight off disease.)

Laughter has also been shown to **improve pain tolerance, reduce stress, lower blood pressure, and protect the heart.**
The social effects too, are many. They include:

- improving a person's **optimism and outlook on life**
- **connecting** you to others – others will want to spend time with you
- fostering instant **relaxation**
- and most importantly **IT MAKES YOU FEEL GOOD.**

The great Groucho Marx who spent his movie life clowning around stated: **A clown is like an aspirin, only he works twice as fast.** But humour must be used with care. Children should not be exposed to adult humour. Never use humour to offend or shame another person. Laughter is a natural part of life. The part of the brain that connects to and facilitates laughter is among the first parts of the nervous system to come on line after birth. Infants begin smiling during the first weeks of life and laugh out loud within months of being born. Even if you did not grow up in a household where laughter was a common sound, you can learn to laugh at any stage of life. Now is the time.

Try these activities. They will benefit your child and you:

- watch comedy DVD’s and TV shows.
- visit the circus – do some clowning around yourself
- listen to comedy while driving – the news these days is very depressing
- read comic authors/ tell jokes.
- bring humour into conversations. Tell and invite funny stories.

Let’s see more people laughing, and smiling. Our communities, including schools and workplaces, can only benefit.


If I can be of assistance to you or your family or if you would like to give me any feedback on any ‘Chaplain’s Corner’ article please email me on mccarths@mbbc.qld.edu.au

**Mr Shane McCarthy, School Chaplain**

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<th>Community Notices</th>
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**Lions’ Christmas Cakes**
The Leos Club is excited to announce that they will be selling delicious Christmas Cakes again this year. These are always a favorite on any family’s Christmas table. We hope you can help our club support such a worthy cause at this special time of year. Large cakes are $12 each, and small ones $9 each. Please fill out the tear off slip located at the end of the newsletter with payment by cash or cheque (made payable to MBBC Lions Club) in an envelope.

**Your children will have a great time at Manly-Lota Scouts!**
Manly Lota Scout Group is situated at our den, at 14 Wood St, Manly and is open to boys and girls aged 6 – 18 years. We also welcome enquiries from adults wanting to become leaders and assistant leaders.

Why not come along and see us in action? For any other information, please contact our Group Leader, Lee Hunter on 0412 117 941 or Julie Prosser (MBBC Year 5 mum) on 0421 872 804.

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<th>Sport</th>
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**Wynnum District Primary School Sport (Years 5-7) – Finished for 2008!**
After a season of washouts and missed training sessions with the wet weather, it took torrential rain all week to flood out the cricket venue, and sport was called off by the district chair. This was a disappointing end to the season for the boys, however it must be noted that the boys had a fantastic season. The Senior A and Junior A AFL teams in particular were very strong and showed this by coming overall 1st on the ladder for Junior and Senior Teams. Congratulations to all boys who played both AFL and cricket for MBBC this season.
2008 Annual Inter-house Swimming Carnival – Congratulations Flynn

What a marvellous week of swimming we had last week. The annual Inter-house swimming carnival proved to be a fantastic success with many boys winning more than two races. A number of highlights that will go down in history were the P-3 relays on Monday and the help of the house Vice captains, the “Splash and Dash” that was down to a touch between Bodie King and Isaac Freeman and the Staff vs Students Race. Congratulations boys on all your efforts, you did your Houses proud! Connor Mashlan and Matthew Joy were presented with the house trophy on Friday at the Primary school assembly. Age Champions were also announced; this year, for the first time, there was a dead heat in the selections. Congratulations to all the boys who were awarded the 2008 Swimming Age Champions!

Overall Points

<table>
<thead>
<tr>
<th>Place</th>
<th>House</th>
<th>Points</th>
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<tbody>
<tr>
<td>1st</td>
<td>Flynn</td>
<td>1177.5</td>
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<tr>
<td>2nd</td>
<td>Nicholls</td>
<td>1073</td>
</tr>
<tr>
<td>3rd</td>
<td>Dunlop</td>
<td>1056</td>
</tr>
<tr>
<td>4th</td>
<td>Doherty</td>
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P – 3 Carnival

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<th>Points</th>
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<tr>
<td>Dunlop</td>
<td>175</td>
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<tr>
<td>Flynn</td>
<td>184</td>
</tr>
<tr>
<td>Nicholls</td>
<td>325</td>
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4-6 Carnival

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<tr>
<td>Dunlop</td>
<td>881</td>
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<tr>
<td>Flynn</td>
<td>993.5</td>
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<tr>
<td>Nicholls</td>
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2008 Swimming Age Champions

<table>
<thead>
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<th>Year</th>
<th>Age Champion</th>
<th>Runner Up</th>
<th>3rd Place</th>
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<tbody>
<tr>
<td>9</td>
<td>Charlie Moore</td>
<td>Michael Leonard</td>
<td>Liam Wallis</td>
</tr>
<tr>
<td>10</td>
<td>Ivan Zelich</td>
<td>Nicholas Thompson</td>
<td>Christopher Binks</td>
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<tr>
<td>11</td>
<td>Lachlan Angus and Jackson Price</td>
<td>Angus Walton</td>
<td>Ryan Munro</td>
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<tr>
<td>12</td>
<td>Isaac Freeman</td>
<td>Cameron McGregor</td>
<td>Thomas Thorne</td>
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<tr>
<td>13</td>
<td>Matthew Wood</td>
<td>William Matterson</td>
<td>Elliot Scott</td>
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<tr>
<td>14</td>
<td>Bradley Madders</td>
<td>Kye Symonds</td>
<td>Connor Mashlan</td>
</tr>
<tr>
<td>15</td>
<td>Bodie King</td>
<td>David Levenspiel</td>
<td>Luke Eagan</td>
</tr>
<tr>
<td>16</td>
<td>Matthew Moy</td>
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Queensland Primary Schools Relay Swimming Carnival

Last Friday night, 8 boys from MBBC were selected to swim in the Queensland Primary School Relay Swimming Carnival. The boys all swam well on Friday night with the junior team of Ivan Zelich, Nick Thompson, Jackson Rossi and Christopher Binks making the final for the medley relay. The Senior Team, comprising Angus Walton, Thomas Thorne, Cameron McGregor and Isaac Freeman, swam competitively, however did not make the Final. Thank you to coach, Mr Shaun Crow MBBC’s official, Mrs Merrly Bennett who acted as MBBC’s official. Well done boys!

Mr Hamish Pike, Sports Master
**P & F Family Fun Night**
On Sunday, 30 November, the P&F will host a family fun night on the grassed area outside the music room.

Arrangements are as follows:
5:00 pm start. BYO picnic or enjoy a free sausage sizzle supplied by the P & F. (Please bring along chairs or blankets to sit on.)
6:15 pm - outdoor film.

It will be a lovely way to end the year, so we hope many families can join us. If you are able to attend, please email me by 25 November 2008 on sthompson4@optusnet.com.au.

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**Tear Off Slips**

**Lions’ Christmas Cakes**

Name: _____________________________________________ Class: ____________

Small Cake ($9)  □  Number: ___________________

Large Cake ($12) □  Number: ___________________

Total: __________________

Payment: Cheque: ____ Cash:____

Please return this slip along with payment in an envelope into the silver locked box located outside the school office.