Dear Parents

Welcome back to the last term for 2014!! The first week of Term 4 at Padua College has traditionally been Franciscan Week. Franciscan Week gives us the opportunity to celebrate the life of St Francis and to reflect on the Franciscan ethos which is central to the mission of our school community.

This year, Franciscan Week at Padua has been extra special for 31 of our students and 5 of our staff who are currently on pilgrimage in Italy, where they have been “walking in the footsteps of St Francis”. The pilgrims are into their second week of travels and have already spent time in Rome and Florence and visited places such as the Vatican, the Coliseum and the Catacombs in Rome and the Santa Croce in Florence. Perhaps, though, the highlight of the pilgrimage for our students came on October 4 when the pilgrims were lucky enough to be in the home town of St Francis (Assisi) on the Feast Day of St Francis. Experiencing the beautiful Basilica of St Francis in Assisi will undoubtedly make this year’s Franciscan Week one that is hard to forget for our Paduan Pilgrims!! For anyone this interested in following the adventures of our pilgrims more closely you may want to visit their blog at http://paduapilgrimage2014.wordpress.com

Celebrations of Franciscan Week have not been limited to Paduan students who are lucky enough to be in Italy. At school this week, celebrations have included lunch time concerts, a free dress day and most importantly, a beautiful Feast of St Francis Eucharist. Many thanks to Stephen Bliss who celebrated this important Eucharist for us in the absence of Father John.

Whist on the topic of celebration I would like to remind all parents and friends associated with our community of the annual Padua College Race Day. It will be held again at Doomben Race Course on November 1. This event has been sold out in previous years and tickets are selling fast again. Please go to the website or see the flyer attached to this Bulletin to book tickets and put a group together.

Term 4, as always, will provide a very busy conclusion to the end of the school year. By the time the time you read the next Bulletin, Mr Out would have well and truly returned with the other pilgrims relaxed and ready to guide us through to the end of the school year.

All the best for the next two weeks.
Simon Stower
Vice Rector Administration / Acting Rector
Today, our 31 Pilgrims are in Padua! We have been to Rome, Greccio, La Foresta, Assisi, and Florence. Today we visited the tomb of Saint Anthony of Padua in the magnificent romanesque Basilica of Saint Anthony, (built 1231-1301) and celebrated Mass there early this morning. Later we will visit the famous University of Padua (founded 1221). Sadly, most of the representations of Anthony, none more so than in this Basilica, depict a sentimentally sad figure holding the Infant Jesus. Such pictures and statues conceal the real Anthony. When preaching to the friars he strongly admonished them to live humbly, and simply. But he was no wimp! With a passion for the Gospel he forcefully preached to the magistrates and rulers of Padua, that they should be caring of the poor, and show mercy to those who were in prison because of bad debts.

Contemporaries of Anthony speak of him as "inflamed with a sense of justice for the poor." And to be able to preach to thousands in the squares of Padua (with no sound system) Anthony must have had a strong and resounding voice, that could be heard by so many. Indeed, he was one of the most celebrated orators of Western Europe. Like many a franciscan you know, he was an inveterate traveller! Up and down the length of Italy, across southern France, and the northern parts of Spain and Portugal, he took the Gospel in all its simplicity, with its challengers, and its consolation to the faithful and heretics alike. A busy life for a man who died at 35!

Our pilgrims move on to Venice. There will be visit the huge Franciscan church of Santa Maria Gloriosa del Frari. It is an amazing structure decorated with Renaissance masterworks, yet still maintaining its medieval ambience.

Then to Milan, where we will pray at Da Vinci's master piece, The Last Supper.

We will back next Tuesday evening, with loads of tales to tell!
FORGIVENESS

Forgiveness has been a constant theme in the preaching of Pope Francis, and found in his Exhortation, "The Joy of the Gospel". Commenting on the words of Jesus, the Pope sees forgiveness as one of the fundamental values of the Gospel. He cites the three parables of mercy and forgiveness - the lost sheep, the lost coin, and the prodigal son. It is the joy of the shepherd who finds his lost sheep, it is the joy of the woman who finds the lost coin, and the joy of the father who welcomes his son returning to the family.

Without forgiveness there can be no healthy relationships, without forgiveness there can be only alienation and isolation. There is none of us who have not made mistakes, and who have not hurt someone, sometimes inadvertently. Do we live then in some dark corner, or do we reach out in forgiveness and reconciliation?

Today it is important to remember the attempt of Saint Francis to offer forgiveness and reconciliation when he visited the Sultan Malik-al-Kamil. He sought a way towards peace and understanding through dialogue. In this encounter Francis came to appreciate Islam, how they pray, and how they experience God.

We can learn a lot about ourselves and others when we are prepared to forgive ourselves, and offer forgiveness others.

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Important Information

Padua College will be closed on Friday 14 November.

This day has been declared a Public Holiday in Brisbane because of the G20 summit.


Australia 2014
From the Pastoral Care Team

RACQ – Docu Drama

On Wednesday of this week, the year 12 students participated in a road safety program delivered by the RACQ. Docu-Drama focusses on wise choices and driver responsibilities for young drivers and passengers.

Beginning with a real life re-enactment of a road crash, involving police, paramedics and funeral directors, the program aims to ‘shock’ students into the realities of road trauma and then educate students on wise decision making.

Thanks must go to Brayden Retchless and Cameron Caldwell for playing lead roles in the dramatization of the crash scene and to Karen and David from the RACQ who coordinated the event for the College.

AIC Athletics

On October 22, all students in Years 12, 10 and will attend the AIC athletics championships at QSAC as spectators. This is a compulsory day for students, unless they have pre-organised and regular College work placement / TAFE. We wish our athletes all the best in their endeavours on this day.
PC Reports

Families should note that PC Reports will be posted in Week 2 of Term 4. Students will receive their Pastoral Care Report compiled by their PC teacher and their certificate of achievement outlining all their co-curricular contributions to the College in 2014.

Importantly, the PC report contains a student’s Pastoral Level and an indicator of their holistic development. Should you have any queries or questions regarding your son’s Pastoral Level, please contact your son’s House Guardian at the College.

Year 9 Camp

Best of luck to all of the Year 9 students attending camp in the coming weeks. A reminder to all families that the outdoor education program is another compulsory element of the College calendar. All students are expected to attend. In addition, all boys need to be present at school at school by 8am on their day of departure to ensure they are ready to leave at 8:30am.

Year 6 Transition Program

Our transition program has begun for the Year 6s moving onto the Assisi Campus in 2015. Watch this space for more information from our College Transition Coordinator – Mr Brendan Downes.

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Student Absence

In the event a student is absent or is going to be absent, all families should prioritise contacting either:

The College Absentee Telephone Line: (07) 3857 99 00

College Absentee Email:
absent@padua.qld.edu.au or absence@padua.qld.edu.au

All absentee information should come from a parent, guardian or carer. Students emailing their own absentee information will not be accepted.
Happy Franciscan Week!

I am away on the Pilgrimage at the moment, and look forward to sharing our stories with you in the future.
Term 4 Exam Blocks

With the end of year fast approaching, I ask that you consider your sons assessment schedule before planning for an early finish to the school year. It has always been the practice at Padua to have assessment in the last week of Term 4 and that continues this year. External Exam Blocks are scheduled for Years 10, 11 and 12, and Internal Exam Blocks are scheduled for Years 8 and 9. Exam Timetables and Assessment Calendars are currently available online for Term 4 for all Year Levels, however, these are subject to change and are a guide only. Exam Block Timetables will be published later this term.

- Year 12 (External) – Monday 10/11 to Tuesday 18/11
- Year 11 (External) – Friday 21/11 to Friday 28/11
- Year 10 (External) – Tuesday 25/11 to Friday 28/11
- Years 8 & 9 (Internal) – Tuesday 25/11 to Friday 28/11 (Exams and study times allocated)
- Years 5, 6 & 7 – No formal exam block will be allocated – Students will sit exams and submit assessment as stipulated by the teacher.

The Assessment Calendar published online is a guide only.

Requesting Term Time Absence

The procedure for requesting term time absence is outlined on the College Website at the following link. http://www.padua.qld.edu.au/teaching-and-learning/curriculum/term-time-absence/. Please be reminded that assessment is set for the term times published on the calendar and as such, students who miss assessment due to early departure for holidays may miss assessment, resulting in an INC (Incomplete) being recorded on his report card for the semester for any subject where the full assessment load has not been met.

Student Support

A common question that parents often ask is what support Padua offers for students. The boys are well aware that our Library is open from 8am every morning, and closes at 4pm every afternoon. In addition, our Head of Senior Studies, Ms Dwyer, opens Sem 4 most lunch times as a senior study room for Years 10, 11 and 12 and our Academic committee runs peer tutoring sessions once a week for students in years 8 to 10. If your son requires additional support, he should contact his teacher directly, utilize the Library or avail himself of one of the study or peer tutoring sessions.
The latest tool from Google

SafeSearch

This tool works with the Google browser to help you inappropriate or explicit images from your Google Search results. The SafeSearch filter isn't 100% accurate, but it helps you avoid most adult content.

There are a range of settings available through this site:
https://support.google.com/websearch/answer/510/?p=settings_safe_search&hl=en

Worth a look!

The latest iOS update

Some things to know if you didn’t already....

- Students will need approximately 5 GB of space on their iPad — for some this means removing a lot of non-school related information and photos!

- Make sure that you don’t lose connection to the internet during the update — this will wipe your device and ask you to connect to iTunes to restore.

- New features — a range of new features can be found at this link. We are currently going through this with all students in R & T

http://prezi.com/d8jypwvw6ua/-?utm_campaign=share&utm_medium=copy&rc=ex0share

(You will need to have the app Prezi to view)
Bush poet, Noel Stallard, visited Year 5s from the Greccio Campus.
Pet Blessing 2014
Congratulations to our very own Harris Andrews (Yr 12) who has just been drafted into the Brisbane Lions to play full time professional AFL next year! Harris has been a member of the Hyundai Brisbane Lions Academy from which he has been given the opportunity to grow as a player and a future talent of the game. Harris accepted the draft pick after some very keen interest from several other AFL clubs in Melbourne. He will be hitting the Brisbane Lions training paddock immediately after he graduates and from talking to him he wouldn't have it any other way. The Paduan Community wishes him every success and can’t wait to see him at the GABBA or MCG down the road as his possible playing career prospers. Well done Harris!

Congratulations also to Jack Taylor (Yr 12) who came 12th in the Under 20 - 8km cross country race and 1st (Gold Medal) in the Under 18 - 3km time trial (Australian School Sports Championships – Albany WA 23rd—25th August). A fantastic result.
PADUA COLLEGE IPAD APP

Our very own iPhone/iPad and Android App is now available from the App store and Google play as a free download.

This app is designed to allow students and parents to access information about events and daily activities at the school. It will be updated daily to ensure that the information provided is the most current and up-to-date available.

- HAVE THE SPORTS FIXTURES BEEN CANCELLED DUE TO BAD WEATHER? THE NOTICE SECTION OF THE APP WILL TELL YOU.
- NEED TO CHECK ON THE VENUE AND START TIME OF PRIZE NIGHT? THE CALENDAR IN THE APP WILL HOLD THIS INFORMATION.

YOU DO NOT NEED TO RECEIVE EVERYTHING!

One of the features of this app is that you can sign up for only those notices and events that you wish to know about. So, if your child is in Year 5, you can choose to receive only Junior school information on the app, and not any information for Senior School parents.

There is a notice on the app to assist you with setting up this feature - just look at the notice section! We trust that you will enjoy the convenience that this app will bring you.

To download the Padua College App please follow the instructions on the College website

PADUA COLLEGE RACE DAY

Derby Day
Saturday November 1 2014
12.00pm
Doomben Race Course

TICKETS $70
THIS INCLUDES
Entry to the track + Homenetm Room & East Terraces
Drink on arrival + Grazing Menu

Dress Code
Gentlemen are required to wear a collared shirt, tailored trousers, covered dress shoes, plus either a tie or suit jacket or blazer
Ladies are required to be dressed neatly in keeping with contemporary standards

Event registration + ticket purchases available online via the college calendar
CLICK HERE FOR REGISTRATION AND TICKET PURCHASE
this link will only work on a laptop or desktop

The Padua College Foundation Golf Day has been postponed to a later date TBC.
Padua Amateur Swimming Club

Squad Leader

Junior – Introduction to racing, structured sets, endurance and technique training.

Intermediate – Advanced racing skills, increased speed, endurance and strength, structured sets and technique training.

Senior – Advanced training practices and continuation of skill development with a large focus on energy systems.

Triathlon

Padua’s new Tri program offers a range of training and racing opportunities. Specific racing skills and training goals are designed for all ages and ability levels from 8yrs+. Fully qualified running and cycling coaches join together with the Padua swimming team to deliver the program.

Masters

Our Masters swimming program concentrates on improving endurance, technique and stroke correction. Run by qualified coaches this program is sure to give you rewarding results.

Swimfit

This program is designed for both beginner and experienced swimmers looking to gain or regain fitness in a fun and relaxed social environment. This class will give you a great full body, low impact workout that you’ll love!

TIMES:  Monday 5:30pm – 6:30pm
         Saturday 7:30am – 8:30am

Learn to Swim

- Pre-prep
- Level 1 (Prep+)
- Level 2 (5yrs+)
- Level 3 (6yrs+)
- Level 4 (7yrs+)

Fees

LTS - Pre prep to Level 3 - $100 per term (10 weeks)
LTS - Level 4 - $160 per term (2 sessions per week)
Masters/Swimfit - $10 per session*

Contact Details

Office Hours: 2pm – 6pm Monday-Friday
80 Turner Road
Kedron 4032

Phone: 07 3867 9943
Email: dbames@padua.qld.edu.au

*Heated pool with programs running year round.
End of year Celebration!

Year 8 Mum’s Night Out

When: Wednesday 12th of November 2014
Where: The Stafford Tavern in the Lounge
Time: Meet at 7pm
Food and drinks available. (Pay as you go)
RSVP to Rupi Donzenac to confirm numbers for venue by Wednesday 5th of November 2014
Contact details: Mob/SMS: 0401712250 or via email at rupikad@tpg.com.au
END OF YEAR CELEBRATION!

YEAR 10 MUM’S NIGHT OUT

When: Wednesday 22nd of October 2014
Where: The Stafford Tavern in the Lounge
Time: Meet at 7pm
Food and drinks available. (Pay as you go)
RSVP to Rupi Donzenac to confirm numbers for venue by Wednesday 15th of October 2014
Contact details: Mob/SMS: 0401712250 or via email at rupikad@tpg.com.au
Padua Year 9 Parents
End of Year Function

Thursday 13th November at 7pm
The night before the G20 holiday

Join us at CC’s BAR for a drink, a coffee or a meal from the bistro.

Everton Park Hotel
101 Flockton St
Everton Park

RSVP to Melanie Kamp by Mon 6th November
melkamp@icloud.com
2014 Term Dates

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<th>Finish</th>
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<tbody>
<tr>
<td>Term Three</td>
<td>15 July 2014</td>
<td>19 September 2014</td>
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<td>Term Four</td>
<td>7 October 2014</td>
<td>Yr 12</td>
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<td>21 November 2014</td>
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<td>All students finish</td>
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<td>28 November 2014</td>
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Provisional 2015 Term Dates

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<th>First Day</th>
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<tr>
<td>Term One</td>
<td><strong>Yrs 5, 7, 8</strong></td>
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<td>27 January 2015</td>
<td>2 April 2015</td>
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<td>Term Two</td>
<td><strong>All students</strong></td>
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<td>28 January 2015</td>
<td>26 June 2015</td>
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<td>Term Three</td>
<td>14 July 2015</td>
<td>19 September 2015</td>
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<td>6 October 2015</td>
<td><strong>Yr 12</strong></td>
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<td>20 November 2015</td>
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Monday 13\textsuperscript{th} October
T Hickling
L Carey
S Spence

Tuesday 14\textsuperscript{th} October
K Tinggee
S Huiminchew
A Calder
M Bergman

Wednesday 15\textsuperscript{th} October
C Lewis
W Bell
C Brooks
S Brooks

Thursday 16\textsuperscript{th} October
M Allen
Gill Morris
A Stosic
C Bagdonas
H Ross

Friday 17\textsuperscript{th} October
D Hughes
T Crisp
S Peters
J Holmes

Monday 20\textsuperscript{th} October
STUDENT FREE DAY

Tuesday 21\textsuperscript{st} October
E Wawryniak
J Downes
N Duffield
K Moore

Wednesday 22\textsuperscript{nd} October
C Khan
M Ecclestone
G Kerrisk
M Gibcus

Thursday 23\textsuperscript{rd} October
R Wiseman
D Barnes
A Sologinkin
L King

Friday 24\textsuperscript{th} March
J DePasquale
C Kent
L Bastianon
P Tappenden
Tuesday 14 October will be the last general meeting for the 2014 year, if you have not yet attended a P&F this year and you would like to this is your opportunity. The P&F meetings are held in the staff room, located in St Francis Hall and start at 7:30pm with a light supper provided afterwards.

Furthermore, this will be my last general meeting as President. At the end of this year I will have completed my second year as President of the Padua College P&F, under the constitution the role of President is a 2 year term. So the position is up for renewal and a new president must be nominated or elected. If you are interested please see below:

**Vacant Position 2015**

**President**

Padua College Parent and Friends Association

Padua College Parents & Friends Association extends across Greccio and Assisi campuses, providing parent representation through the P&F committee on school matters, as well as providing support through Pastoral Care and social opportunity across the FOTH Colleges.

As Padua College P&F Association President, you will lead the P&F Committee in:

- fostering goodwill between parents, staff, students and the community
- seeking to financially support the key initiatives of the College.
- representing a considered voice of P&F members to the College
- maintaining social opportunity between FOTH Colleges
- actively promoting the aims and objectives of the College

For further information please contact me on 0401 006 736.

**DATE CLAIMERS**

- P&F General Meeting 14 October 2014
- P&F Volunteers Thank You Function 17 October 2014
- P&F Annual General Meeting 11 November 2014

Hope to see you there!

Karen Caughey
President
To show appreciation of your commitment to Padua College
The Padua College Parent and Friends Association
Would like to invite you to the
Volunteer Thank You Dinner
Friday 17 October 2014
At 6pm
Padua College
(outside La Cordella)
RSVP by Monday 13 October 2014
Via the following link
HOUSE EUCHARIST VOLUNTEERS

October 2014

Dear Parents/Guardians (Yrs 7-12)

As a part of our Padua College “Pastoral Parent Care Program” (PPCC) we arrange volunteers for each Eucharist. The House Committee is a subcommittee for the Padua P&F Association. It is our aim to bring families together to “enhance the Franciscan values of hospitality and welcome.” We have formed a House Committee for the Pastoral Parent Care Program Committee.

Attention Mitchell, Odonic & Grigg House: We are looking for volunteers to join the House Committee to help serve Supper. Volunteers are required assist from 7.30-9.00pm in the tuckshop.

Odonic parents that wish to assist with the Odonic House Committee members at Grigg House Eucharist on the 28 October 2014, please fill in the following form:

Mitchell parents that wish to assist with the Mitchell House Committee members at Kirby House Eucharist on the 30 October 2014, please fill in the following form:

Grigg parents that wish to assist with the Grigg House Committee members at Odonic House Eucharist on the 5 November 2014, please fill in the following form:

Traditionally, families attend the Eucharist provide a plate of food for supper. While the families were enjoying the Eucharist in the Little Flower Church volunteers from another House & their Committee were helping with setting up for supper.

PLEASE NOTE CHANGES OF DATES for future 2014 House Eucharist dates

28 October Grigg House Eucharist - Odonic Volunteers set up & clean up supper
30 October Kirby House Eucharist - Mitchell Volunteers set up & clean up supper
5 November Odonic House Eucharist - Grigg Volunteers set up & clean up supper

For those who wish to volunteer at any of this future House Eucharist please tick to indicate on the following form if you would like to Volunteer and return the main office or via email admin@padua.qld.edu.au

Year Level/House Contact List
At the beginning of each year we request contact details from all families and compile a list for each year. A year/House contact list is then distributed to each family with boys in the same year. Many parents find this a useful reference, particularly when trying to coordinate sporting event car pools and the like.

Please note it is optional to be on this list.

Please return the Form(s) to the office or via email admin@padua.qld.edu.au as preferable the forms(s) are returned as soon as possible or submit the form at the next P & F meeting held on Tuesday 14 October 2014. For more details about Pastoral Care at both Directors and Assess Committee activities and house Eucharist volunteer groups.

We look forward to catching up with you for the last term in 2014 or see you at next P & F meeting held on Tuesday 14 October

Thank you for your support.

Kind regards,

2014 Pastoral Parent Care Coordinating assistant

Erika Paterson
2014 Pastoral Parent Care Coordinator - College Campus
PADUA PASTORAL PARENT CARE PROGRAM

Pastoral Parent Care Committee

We encourage your involvement to enhance the values of Francisca hospitality and welcome in the Padua community. Please volunteer to join the Pastoral Parent Care Committee. We won’t ask too much from you. You would be liaising with your House Guardian, Pastoral Guardian or school representatives to coordinate parent support for your year level and house activities. This might be to organise the occasional get together with parents at for separate to school events and support families should the need arise. The Committee will only meet once or twice per year. Please complete this ‘Nomination Form’ and we’ll be in touch either before the end 2014 school year or start of 2015 with more information. If you have any further questions, please email admin@padua.ald.edu

Attention Pastoral Parent Care – Assisi or Greccio Campus.

I would like to nominate for a role and participate in the Pastoral Care Committee at Assisi (Yrs 7-12) for 2015. Please tick your preference: House Coordinator ☐ House Committee Member ☐

House Eucharist Volunteer ☐

I would like to nominate for a role as Year 5 or 6 Coordinator (Greccio) and participate on the Pastoral Care Committee for 2015. ☐

My son belongs to ______________________ House.

| Student’s Name | | |
|----------------|-----------------|
| Student’s Pastoral Care Teacher | | |
| Student Year level | | |
| Parent’s Name | | |
| Phone & Mobile | | |
| Emails | | |

Parent signature: ______________________

Contact List

Each year we compile contact details from Padua families and then distribute the list to each family with children in the same year/house as their own. Many parents use this when trying to coordinate sporting event car pools and it helps to strengthen connections and partnerships in the school community. If you would like to be included, please complete the Padua Pastoral Parent Care Program Contact List form and return it either via email to admin@padua.ald.edu or to the Padua office. The list has been distributed at the end of Term 1 2014.

Contact Information:

| Student’s Name | | |
|----------------|-----------------|
| Student’s House | | |
| Student’s PC Teacher | | |
| Student’s Year Level | | |
| Mother’s Name | | |
| Father’s Name | | |
| Suburb | | |
| Phone and Mobile Numbers | | |
| Emails | | |

I give my permission for my contact information to be included on the list for my son’s year/house:

Parent signature: ______________________
Are you a parent of a child with type 1 diabetes?

Every day, thousands of Australian children suffer the effects of type 1 diabetes and families struggle with illness management and children's behavioural and emotional adjustment.

Positive Parenting for Healthy Living is an adaptation of the successful Triple P-Positive Parenting Program offering practical ideas and support for parents of children with type 1 diabetes. This innovative group program is designed to help parents manage their child's illness, assist children in coping with their illness and emotions, and prevent and manage difficult child behaviour.

Over the next few months and for a limited time only, parents of 2-16 year old children with type 1 diabetes are able to access Positive Parenting for Healthy Living Triple P as part of a University of Queensland research project. Parents will be able to attend the program free of charge, and will be asked to complete 2 sets of assessment measures (questionnaire and family observation) over a 6 month period, as part of the study. Contact Aditi Lohan on (07) 3346 7689 or email diabetes.healthyliving@uq.edu.au, or visit https://osp.psyc.uq.edu.au/tdiabetes for more information.

Free Parenting Workshop
Feel prepared for the holiday period!

The team from the Triple P-Positive Parenting Program are inviting separated or divorced parents to participate in a free, half-day parenting workshop. The workshop targets concerns such as how improve personal coping skills, reduce conflict between parents, improve family relationships, and best support children during this time. Parents accessing the workshop will be asked to complete a study survey. If you are interested please access the study webpage here - https://exp.spsy.uq.edu.au/familytransitions.

The first workshop parents may be allocated is on Saturday the 25th of October.

For further information or any questions, please email familytransitions@uq.edu.au
NORTH BRISBANE POLO BEARS

U12 WATER POLO COMPETITION

COME & TRY AUSTRALIA’S RAPIDLY GROWING OLYMPIC SPORT OF WATER POLO!!!

WHEN: SUNDAYS FROM 12PM TO 2PM
FROM 26th OCTOBER 2014 FOR 4 WEEKS

WHERE: ALBANY CREEK LEISURE CENTRE
EXPLORER DRIVE ALBANY CREEK

DETAILS:

- Boys & Girls born 2003 & younger who are NOT playing in the U13 Saturday Brisbane Competition
- 5 per side – 6 players minimum per team
- Enter a team or nominate as an individual
- Experienced coaches will provide a fully coached basics session each week, followed by a 4 x 5min quarter game
- Coaches will referee and fully explain rules as the game progresses
- $50 per player - must be paid before commencement of competition (no refunds for unattended weeks)

To register check out our website

Or contact u12@polobears.com.au

North Brisbane Water Polo Club Inc.

Affordable accommodation is provided by St Paschal’s Church for Tertiary Students, Apprentices and other Young Working People at The Loft, 38 Ferguson Road, Wavell Heights, Brisbane. For more information, please see our website: www.theloftsa.com.au.
INDOOR FOOTY AUSTRALIA
FREE TRIALS!

This exciting new game is a version of ‘touch footy’ (no tackling) played on an indoor sports court. Children learn new skills, get fit and have fun!

For children

- from 7-15yrs
- wanting to try footy for the first time or who already play
- interested in Rugby League and Rugby Union
- looking to get fit and have fun doing it!

Come and learn the game for FREE at Kedron on;

Tuesday 23rd September 3.30pm-4.30pm

Then enter team of 4-6 players in our competition starting term 4!

Book now with Indoor Footy Australia
3376 5655 info@indooroofootyaustralia.com.au
www.indoorfootyaustralia.com.au

menALIVE in the City is an opportunity for men to get together and explore the things that matter.

Sep 25: FINISH THE RACE!
Time for an audit of your health and well-being

Oct 23: DON’T GET COMFORTABLE!
Growth is an active thing

Nov 27: FACE THE TOUGH STUFF!
Dealing with grief and sadness

5.45 to 7.30 pm
(Mass available in the Cathedral at 5.10)

Francis Rush Centre
(Beside The Cathedral of St Stephen)
You are warmly invited to attend the

Mount Alvernia
Parents & Friends Support Network’s

High Tea

Funds for our Friends in PNG

Raising money for the MFIC Community in Bosset

Sunday 19 October 2014
1:30-4:00 pm
San Damiano Centre
Mount Alvernia College

$20 per person
(Bookings essential: NC tickets available at the door)

RSVP 13 October

Enjoy an afternoon - listen to our Guest Speaker from the Second Chance Program; viewing the Art Show, including watching a parade of Weenale Art by students; viewing just Mise Jewellery collection; listening to various musical performances by students; college-therapy trivia games; as well as a scrumptious High Tea; fantastic multi-draw raffle and lucky door prize.

Mount Alvernia College High Tea (return stub and money to office)

Name: ______________________________ Number of Tickets: ________________________ @ $5.00 pp = $ ___________ Student/Non-Student: __________

Please use, if possible, with __________ Special Dietary Requirement: __________

Mount Alvernia College High Tea – 17 October 2014

Please tick your method of payment (please indicate):

Cash (II) Cheque (II) (payable to Mount Alvernia College) Credit Card (II)

Card number: __________ Type of Card (please write): __________

Month: __________ Year: __________ CVC: __________

Due Date: __________ Payment Amount: __________ Signature: __________

Worldwide Marriage Encounter: A weekend away for married couples in peaceful, picturesque surroundings – away from the distractions of everyday living. Take time out of your busy schedule, to invest in your most precious asset . . . your Marriage! This is a unique opportunity to recharge your relationship batteries, refocus on each other and fall in love all over again!

Weekend date: 31st Oct – 2nd Nov 2014

Venue: Santa Teresa Spirituality Centre, Ormiston QLD (on Brisbane’s bayside)

For bookings/details contact: Tamara and Scott Menteith, ph (07) 4634 3559, stjmen@aapt.net.au Information website: www.wwme.org.au
This swim is open to anyone who is willing to help us help sick kids. You don’t have to be an elite athlete to participate, but if you want to challenge a mate or colleague then let the fun begin!

Each team or individual swimmer will swim their nominated distance and record it on the pool log, while raising funds for the most vulnerable amongst us.

This year the money raised is going to support many of the worthwhile causes within Couee Community Foundation Limited (ORG # CH2239) and BrainChild Foundation Limited (ORG# CH1872).

Where: Centenary Pool, 400 Gregory Terrace, Brisbane QLD 4000

When: Sunday, 19th October 2014 (from 5am – 5pm)

We hope you will be able to join us for this incredible swimming fundraiser. Enter as an individual or as a team and start fundraising today. To register or make a donation please go to the registration page: http://www.coueelife.com/event/uci-swim4kids-2014/
Shop FOR A Cause

WAREHOUSE SHOPPING TOUR
Fundraiser for Breast Cancer Sufferers

Grab your friends, family and even your neighbours to join in the fun!

Buffet Lunch, Morning and Afternoon Tea are included along with a day filled with laughter, great bargains and fun for everyone.

SATURDAY, 18th OCTOBER, 2014

TIME: 8AM

PICK-UPS: UPPER MT. GRAVATT AND ASPLEY

LUNCH: BUFFET LUNCH AT BRONCOS LEAGUES CLUB, RED HILL

Call Tina today on 0410 687 493 or (07) 3263 6766 to book your spot!

$60 PER PERSON

Proudly supporting Be Uplifted Inc Breast Cancer Charity
A day of self-defence training with Tess and Tracy

Tess Moss and Tracy Woolgar are fully qualified and dedicated martial arts instructors with a passion for self-defence. In preparation for the biggest party of the year for teens (Schoolies), we are running a program dedicated for teens. The program is designed to raise awareness of environmental and social factors that often impact on young people and increase awareness on how to manage these situations.

The program will be broken down into 4 x 45 minute sessions and the sessions will cover the following topics:

- Legal awareness of self-defence
- Environmental awareness and safety
- Defence against basic grips, grabs and dragging
- Effective striking in self-defence situations

Program details are as follows:

Who: Teens of any age (parents are encouraged to participate but not essential)
When: Saturday 8th November 2014 1:00pm – 5:00pm
Where: Carindale PCYC – 27 Narracott Street, Carina QLD 4152
Cost: $40 per attendee
Bring: A water bottle and a snack for intervals
Wear: Comfortable loose fitting clothes and comfortable shoes

Please contact us if you have any inquiries on contact details below or find us on the Velvet Hammer Facebook page

Tess Moss: 0432 598 232 mossinvestigations@gmail.com
Tracy Woolgar: 0415 561 862 twoolgar@optusnet.com.au

BOOKINGS ESSENTIAL