



## ISSUE #18

8th June 2017

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### PHONE NUMBERS

**Front Office**  
 3897 2990

**Primary & Secondary  
 Absentee**  
 3897 2792

## Achieving Your Potential...

Todd Langford - Head of Teaching and Learning

I hope that you were able to take the opportunity to get along and see "Annie", the school musical, last week. The talent on show from the performers as well as the professionalism of support crew of students and staff was incredible. Following the musical I wandered down to the new Mueller Sport Centre where the basketball academies were having a Saturday night tournament. It is an impressive facility in the daylight but at night the lights created a great atmosphere for playing sport. It was so good to see the staff and

body is made up of people with a wide variety of talents and abilities, many of whom use them for the benefit of others. It is exciting to be a part of a community so rich in opportunity and endeavour.

Currently, these students are in the middle of an assessment cycle, one which demands a lot of them (and their parents!) in both time and effort. It is our prayer that students will be able to put aside the anxiety and pressure that comes with this time and produce the best work they are capable of. We encourage



students were playing hard and having a great time together. The quality of play and level of effort was high but the highlight for me was seeing Nathaniel Behan throwing down a slam dunk on a fast break to get his team the win.

students to be proactive in seeking the help of their teachers in order to best prepare themselves for their exams and to achieve well. The Bible speaks of 'running the race set before us' but this race is not one students need to do alone.

As someone who can neither dunk or participate in a vocally competent way in a musical I walked away so proud of our students, staff and school. We are blessed with gifted students and generous staff who give up time to invest in them. Whilst Saturday night was an obvious example of this, we see this in action each day at school. Our student

As a community it is great to celebrate the musical and the sporting achievements of our school. However, our heart is to see all students achieve to their potential in their chosen endeavour and we wish them 'all the best' with the assessment that lies before them in the next couple of weeks.



MUELLER ARTS  
*presents*



junior  
**PRIMARY**  
**MUSIC**  
**SHOWCASE**

Thursday 8th June // MPAC // 3.30 - 4.30pm

**PREPS - GRADE 3**

Soloists // Ensembles

Choirs // Folk songs



MUELLER COLLEGE  
75 MORRIS RD, ROTHWELL

 [mueller.qld.edu.au](http://mueller.qld.edu.au)



MUELLER



# Fete



# '17

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**MUELLER**  
events

 MUELLER  
COMMUNITY  
CHURCH

# IMPORTANT DATES

## JUNE

8	Junior Primary Soloist/Choir Concert
12-14	Yr. 12 Biology Camp
12-20	Yr. 11 & 12 Exam Block
12	Yr. 7 2nd round Immunisation
14	QDU Debating Yr. 7 (Round 1)
15	Primary Concert Night
19	Yr .6 Excursion: The Jondaryan Woolshed
19	Year 10 Careers Day

## POSITIONS VACANT

Applications are invited for the positions of **Enrolled Nurse** and **Cook** in the Residential Care Facility.

Applicants are required to work well within a team, be self-motivated and have highly developed communication skills. Experience in Aged Care is essential.

The successful applicant will be required to work within the ethos of Mueller Community Church. Applications close on the 16th June and should be sent to:

[admin@peninsulapalms.com](mailto:admin@peninsulapalms.com)



Peninsula Palms  
Aged and Community Services Limited

## GLUTEN FREE FOOD

**Please note:** Chicken Bites and Lasagne are **no longer Gluten Free** items.

## TUCKSHOP ROSTER

The Tuckshop is open five days a week, from 8:30am to 1:30pm.

**ROSTER Monday 12th June - Friday 16th June**

**Mon:** Victoria, Lily, Kathleen

**Tue:** Emily, Chris

**Wed:** Bridgette, Vicky

**Thu:** Stephy, Sonya

**Fri:** Dila, Desleigh

## VOLUNTEERS NEEDED

Please consider volunteering in the new Tuckshop. Help is much needed, especially on Monday's and Friday's.

If you would be available to help for any length of time, please contact **Angie Tester** on 3897 2766.

## THE MUELLER SHOP

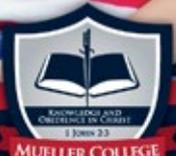
If you have a stash of plastic shopping bags laying around the house please drop them off at The Mueller Shop as we our supply is low at the moment.

Do you have winter items your child has outgrown? If so please consider bringing them to The Mueller Shop for sale as we have a high demand for winter items.

Open on **Tuesday & Thursday** mornings from **8am till 11am**.

**EARLY LEARNING**  
*centre*  
**@ MUELLER COLLEGE**

Providing care for kids 6 weeks to Kindergarten  
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 6:00am - 6:00pm Mon to Fri | 75 Morris Rd, Rothwell | 3897 2756 | [www.mueller.qld.edu.au/elc](http://www.mueller.qld.edu.au/elc)



# WANNA PLAY MUSIC?

**LESSONS | BANDS | VOCAL GROUPS | THEORY | SINGING**

Whether it's singing or an instrument, we have a teacher for you!

# COME AND HAVE SOME FUN WITH THE MUELLER ARTS

For more details contact:  
The Arts Administrator | Phone 3897 2859  
Email [s.kregenbrink@mueller.qld.edu.au](mailto:s.kregenbrink@mueller.qld.edu.au)  
or Mueller College Parent Portal



# FUTURE PATHWAYS

## WOMEN IN DEFENCE INFO SESSION



### DEFENCE FORCE **RECRUITING**

*invites you to attend the*

### Women in Defence Information Session

This information session will provide an excellent opportunity to engage with a current serving female from the Australian Defence Force and discuss not only the recruiting process, but also life in the Australian Defence Force as a female.

The information session will be able to provide valuable information to help assist you through the recruiting process and into a rewarding career in the Australian Defence Force.

**When:** Thursday, 8 June 2017

**Time:** 5:30pm – 7:30pm

**Where:** Defence Force Recruiting – Level 13, 295 Ann Street, Brisbane

To RSVP email [wid@dfr.com.au](mailto:wid@dfr.com.au) or visit <http://events.defencejobs.gov.au/event/WPSOQ8/>



# OTHER NEWS

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75 Morris Road, Rothwell

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# PLASTIC BOTTLE TOP LIDS



## **Please help collect plastic bottle top lids in the month of May!**

We would like to collect as many lids as possible, any size and colour. We will be using them for our school display at the Redcliffe Show, which starts on the 30<sup>th</sup> of June. Please give them to your class teacher or to Mrs Addison in the art room. Mrs Richens will also have a collection container outside her classroom. (K9) *Thanks for your support.*

# INTERNATIONAL HOMESTAY

Get to know a student from overseas! "Home stay" is a fantastic way to befriend someone from another part of the world and learn about different cultures.

In August 2017, Mueller will be hosting a small group of Primary students from Showa Elementary School, Japan.

We are seeking families in the local community who can welcome these students into their home for a short stay (4 nights).

Families from K-12 are welcome to apply (i.e. your child does not have to be the same age as the students) and

our wish is for the majority of these students to stay with Mueller College families to truly experience the Mueller community.

Interested families will receive an introductory session with a Home Stay support staff, have access to a 24/7 support line, and receive non-taxable payment to cover the cost of providing three meals per day, school drop off/pick-ups, and normal household utilities.

If you would like to be part of this exciting program, please contact Home Stay Coordinator **Mimi Petrusma** on 0402 888 970 or email [homestay@calcc.qld.edu.au](mailto:homestay@calcc.qld.edu.au).





-1- Monday 26<sup>th</sup> – Tuesday 27<sup>th</sup> June

-2- Monday 3<sup>rd</sup> – Wednesday 5<sup>th</sup> July

## School Holiday Tennis Clinics

**8:00am – 12:00pm**

Ages 6 years & up

There is a Centrelink Rebate available to eligible families

**COST:** \$89 FOR 2 HALF DAY CLINIC OR  
\$129 FOR 3 HALF DAY CLINIC

**DISCOUNT:** 5% (2) CHILDREN | 10% (3)  
CHILDREN

**Redcliffe Tennis Centre**

(07) 3284 2349

[info@focustennisacademy.com.au](mailto:info@focustennisacademy.com.au)

[www.focustennisacademy.com.au](http://www.focustennisacademy.com.au)





**Active**

**Ages 3 to 17**

**HOLIDAYS**

**Winter & Spring 2017**

Bookings are essential for some activities.

For more information call 5433 2052 or visit  
[mbrc.qld.gov.au/activeholidays](http://mbrc.qld.gov.au/activeholidays)

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@ murumba@parliament.qld.gov.au  
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ChrisWhitingMP  
[www.chriswhiting.com.au](http://www.chriswhiting.com.au)





All sponsorship greatly appreciated. If you own a business and would like to advertise in the Mueller Messenger while sponsoring the 2017 Fete, please contact Kerry Stackman via [k.stackman@mueller.qld.edu.au](mailto:k.stackman@mueller.qld.edu.au) for more information.



## OUTSIDE SCHOOL HOURS CARE

Mueller College OSHC provides high quality care in a safe and secure environment. Offering both **BEFORE SCHOOL CARE**, **AFTER SCHOOL CARE** and **VACATION CARE**.

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Before School Care **\$18/day**  
After School Care **\$25/day**  
Vacation Care **\$66/day**

For bookings and enquiries contact the Mueller College Early Learning Centre during business hours:

**Ph: (07) 3897 2756**

# MUELLER COMMUNITY CHURCH

## THOUGHTS FROM JENNY...

### OVERCOMING FEAR: DOING WHAT SCARES YOU

Google gives us access to millions of self-help articles in an instant. When we consider fear – a saying that comes up time after time is “Do one thing that scares you everyday!” Fear is a vital response to danger and its purpose is to keep us out of harm’s way. The threat can be a very real one (like the fear we feel as we stand on the edge of and look down a sheer cliff) or it can be an imagined one where we face the unknown. As parents, we can’t protect our children from all fear (and nor should we). Looking at an example might be helpful. Joey comes home from school and announces that he has to give a talk on astronomy (his favourite interest). He’s terrified about the thought of getting up in front of his classmates and can’t concentrate on anything else. Recognize, for Joey, his fear is very real and belittling that fear as a way of forcing him to overcome it is not helpful. By the same token, catering to that fear (offering to send his teacher a note asking him to be excused from doing the talk) is even less helpful.

Encourage him to view the task as a challenge to be faced, rather than a threat to be avoided. Help him to identify exactly what scares him, to imagine the absolute worst that could happen and to think through some strategies of how he might deal with it if that happened. Remind him that we all have to step out of our comfort zones at times, and preparing his talk well will make it less difficult. A key thing to do is to get him to practice his talk at home, initially in front of a mirror, then a parent, and maybe the whole family. Imagining that he’s doing it in front of the class is helpful. Teach him to take some slow deep breaths if he starts to panic and continue on. (Exposing ourselves gradually to the thing that scares us is the best thing to do.) Afterwards, ask Joey how it went. If it went well, great and if not, look at why he thinks it didn’t go well and how might he do things differently next time. Remind him that he survived this and can survive other things too. Let him know that you’re proud that he actually had a go.

If we can learn to overcome our fears at an early stage, they are less likely to overwhelm us. Obviously, we listen to some fears (like the one where we step back from near the edge of the cliff top), some we need to face (like Joey did) and others we need to ignore completely (irrational fears).

*(Please note: in these articles, I only provide generalized information pertaining to our everyday activities and relationships. If you have suffered abuse or trauma, please consider seeking professional help.)*

## COUNSELLOR

Mueller Community Church Counsellor, **Jenny Billingham** is available for parents, families, students and staff at Mueller College.

All of us face challenges that we struggle to make sense of. We all experience life changes, transitions and loss, and it’s at those times that we may feel isolated. Loss isn’t just losing someone close. It can include loss of a relationship, job, health, home, dreams and expectations to name a few. We all differ, face different circumstances and have differing needs. Stress, anxiety, family problems, decision making, and concerns about work are a few of the issues people face.

Counselling allows a safe place to voice your thoughts, fears and feelings. Voicing them aloud to another person can help us make sense of them and often enables us to see things from a different perspective. Friends and family members can be a great support to us, but may not be able to provide an objective point of view. A counsellor won’t tell you what to do, but may help you consider choices, decisions and changes to enable you to live your life more fully. Counselling doesn’t need to be long-term – in fact a single session may be all that’s needed. Sometimes, though, more is needed over a period of weeks or months. Counselling can assist you to journey towards change and growth in the life challenges you face.

Phone 3897 2706 or 0427 876 396 for an appointment. (Please leave a message if the phone is unattended and your call will be returned at the earliest convenience). Respect and confidentiality are always assured.

**Jenny Billingham**  
MCouns, DipMin, Dip Couns,  
Cert IV TAE

