College Captains’ Message

This term was full of ups and downs and a whole lot of stress for the Year 12 cohort but no matter how tense things got, everyone managed to make it through. Term 3 brought many exciting events, beginning with university trips to Brisbane and Sydney. The Brisbane adventurers got to experience everything Queensland had to offer, from Bond to Griffith University. Most importantly however, the students got to visit Dream World. There was also a Sydney arts trip, where students were able to explore their creative sides; looking at potential careers in television and creative arts.

Strauss day came and went with fun being had all-round. There were bake sales and sausage sizzles and all proceeds went to Bethany home. The senior dance class had their moderation performance at Charles Darwin University, they wowed the crowd and completed a performance that they and the school can be very proud of.

The 2016 inter-house debating champions were crowned and once again, Livingstone proved to be an unstoppable force, by cruising to victory for the second year running.

Hughes day was also celebrated in Week 9 with funds being raised through a car wash (run by 6 of the most generous and good looking members of the school).* There was also a dunking machine; generously provided by Jack Cameron. Students loved the opportunity of dunking their teachers, including Head of Senior school, Mr Dean Cummins in the name of charity.

The end of term marked the switch over of the student leadership body. New College Captains, Ben Moulday and Mikayla De Castro were sworn in. The College is very excited about what the new leaders have to offer and it is encouraging seeing new ideas already being implemented. On that note I would like to briefly say a massive thank you to all the staff and students who have supported this year’s leadership group. It is also safe to say that none of us would be in the positions we are in today without the help of our friends and family. I am excited to see what the next few years offer and look forward to seeing how the school will be shaped by the ideas of the next group of leaders coming through.

Lachlan Brodie
2016 College Captain

Term 3 has been an incredibly busy and action packed term, especially as the Year 12’s count down their last days. The 2016 leadership team has started wrapping things up as the Year 11’s prepare to take on new positions to form the next leadership team beginning early Term 4. Hughes day was a success on Thursday and Friday of Week 9 with busy car washes and delicious bake sales. The dunking of teachers also attracted a crowd and raised funds for Bethany Home. Holidays are not far off and will be a well deserved break after a hectic term.

Courtney Synnott
2016 College Captain

* Editor’s Note - certainly not the most modest!
Upcoming Events

- **Mon 21 - Wed 23 Nov** - Year 10 and Year 8 Examinations
- **Wed 23 Nov** - Valedictory & Awards Service, 6.30pm
- **Thurs 24 Nov** - Middle School Instrumental Concert
- **Fri 25 Nov** - Years 6 & 7 Awards Assembly, 9.30am - 10.30am
- **Fri 25 Nov** - Years 8 & 9 Awards Assembly, 11.00am - 12.00pm
- **Fri 25 Nov** - Years 10 & 11 Awards Assembly, 12.00pm - 1.00pm
- **Fri 25 Nov** - Valedictory Dinner
- **Mon 28 Nov** - Step-up Program commences
- **Mon 28 Nov** - Senior Students, Step Up House Orientation Day
- **Mon 28 Nov** - Year 7 Orientation Day
- **Fri 9 Dec** - Last day Term 4
- **Sat 10 Dec** - Class of 2011, 5 Year Reunion
- **Dec** - NTCE (SACE) results released - TBA

Hughes Day - more photos next page

A number of events took place on Thursday 15 and Friday 16 September in celebration of Hughes Day; photo booth, car wash, cake stall, sausage sizzle and a dunking machine - fair dunkem! Well done to all teachers and staff involved. Proceeds will go to Bethany Home.

University and Further Study Guest Speakers

Senior students have attended many informative sessions this term, learning more about University entry and further study options. We were fortunate to have representatives from Flinders University, RMIT, University of Queensland and Le Cordon Bleu. Many students (and parents) also attended the Careers Expo at the Darwin Convention Centre during Week 5.
Middle & Senior School students loved the ‘droids’ activity in Week 5, which was part of Science Week. It was amazing to see these droids change colour, whizz around and bounce at the touch of a button!
Aurecon Bridge Building Competition
Ms Peters took a group of very keen bridge builders to compete in the state-wide Aurecon Bridge Building Competition on Friday 26 August at CDU. This incredible team blitzed the competition, winning 3 of the categories - Innovation, All-rounder and Strength Award. Congratulations to; Mitchell Davis, Stella Foster, Ayden Nankervis and Joseph Phillpotts, (Year 8) and Naomi Mears (Year 9).

Middle School SRC
The first Middle School SRC meeting was held on Wednesday 17 August. It was led by newly appointed leaders, Arianna Baldieri, Indya Kinna and Ben Ogden. Well done on a most ably conducted meeting and thank you to all attendees for excellent input.

Congratulations Matt Gill, for second placement in the 13YO School Sport NT cross country event on Thursday 1 September.
Year 12 Parent Information Evening

Thank you to all staff involved in the Year 12 Information Evening on Thursday 25 August. The presentations were outstanding, as were the helpful handouts - for both students and parents.

On Saturday 27 August, the very talented Talia Erihe-Liddicoat and Ellie Grover performed at the Humpty Doo fete. Thank you for supporting our local community.

Old Collegian - Jack Stevens

Jack provided some inspiration for our senior students during an assembly on Thursday 8 September. Jack graduated in 2014 and is currently studying a Bachelor of Arts - Creative Writing degree at RMIT. His presentation on University life was highly informative and humorous. Jack also provided some useful tips for Year 12 students to assist them in their final months at Good Shepherd.

Congratulations Cameron Hyde, 8KH on your many awards from the Palmerston Cricket Club and NT Cricket - Junior Club Champion, Cricketer of the Year, Batting & Batting Aggregate Award, U15s MVP and Batting Aggregate Award (across all clubs) - 474 runs for the season. A great season for you, well done!
Year 6 Book Week

Year 6 students celebrated Book Week in Week 6 with many dressing up as their favorite book character. A number of teachers dressed up too! It was a lot of fun and something we hope to continue in the future, with other year levels becoming involved as well.
Year 7 Science students have been looking at all the ways water is treated by people throughout the world. This is the first of our investigations, the Decanting Method, which is used in many 3rd world countries. Decanted water will look clearer but will not be cleaner, as bacteria (microscopic) and dissolved solids (soluble substances) still remain.

Trisha Dowling
Science Teacher

Congratulations Aaron Curwen-Walker, Josh Martyn and Ryan Otto; 1st, 2nd and 3rd placements for long jump at the NT Athletics championships, Friday 2 September.

Year 7 Science

During an assembly in Week 6, Tech Crew students received workshop completion certificates. Students attended the Brown’s Mart workshop in June, which was instrumental in the technical support they provided for the College’s musical, Little Shop of Horrors. Well done to you all.

Tech Crew
Year 10 Oxfam Hunger Banquet

Year 10 students recently experienced first-hand, the inequalities inherent in our food system. Students were divided into groups representing high, middle and low-income regions of the globe and received a lunch, based on this division. It was certainly one they will not forget in a hurry!

Year 10 Materials & Design

Year 10 Materials & Design students constructed 34 stools and benches this term, along with a number of wooden toys. These items will be shipped to Pattaya, Thailand to be used by orphaned children. Thank you Year 10 students for this wonderful act of service and to teacher, Mr Arthur MacRae. More information about the Hand to Hand organisation behind this project can be found via the link: http://www.handtohandpattaya.com
Don’t forget to check these sources of information from time to time. Events and news articles are added to the College website regularly.

You can also discover upcoming events and good news stories on our Facebook page.

https://www.facebook.com/GoodShepherdNT/
Website: www.goodshepherd.nt.edu.au
Twitter: https://twitter.com/PrincipalGSLC

Have you seen the College’s new App yet?

Good Shepherd Lutheran College NT

Thank you Year 10 students; Aaron Fidock, Matthew Cameron and Sidney Collings for providing the music.

The moderated Stage 2 Drama students were: Ashlea Williams, Matthew Dejonge, Sam Hyland, Nell Barlow, Chelsea Donoghue, Connor Barton, Samuel Mulkearns, Samantha Scherer-Bates and Patrick English.

Stage 2 Drama - Mother Courage and Her Children
9 Stage 2 Drama students were moderated on their performance of Mother Courage and Her Children on Wednesday 7 September. The students performed the play three times and are to be commended on their efforts. It was a wonderful performance of Bertolt Brecht’s famous play.

* More photos on page 11 *
Year 11 Legal Studies
On Tuesday 30 August, the Year 11 Legal Studies class participated in an educational program called ‘Stand up and be Heard’; a study of how governments make laws at Parliament House. As part of this unit, students also visited the NT Legislative Assembly and will eventually debate a bill in the Chamber with the Speaker of the House officiating.

Year 11 students are pictured with Parliament Education Officer, Karen Parker.

NT Training Awards
Congratulations Chloe Bonnell and Chantel O’Brien who were finalists at the NT Training Awards on Saturday 10 September. Chloe was nominated for the School Based Apprentice / Trainee of the Year Award and Chantel was nominated for the VET in Schools Student of the Year Award. They were presented with flowers during Senior School assembly on Friday 9 September, receiving many good wishes from students and staff.

Pedal Prix
Mr Enright and Mr Synnott spent hours fine-tuning the HPVs, before they were taken to SA, courtesy of Mr Cheal. The bikes are currently in Murray Bridge, ready for the 24 hour endurance event which commences on Saturday 24 September.
Living With Anxiety

‘Telling someone with anxiety to just calm down is like telling someone with epilepsy to just stop having a seizure.’ Anxiety is a mass issue affecting all citizens on a global scale, it affects over 34% of our world’s population, over 14% of Australia’s population and a large majority of students at Good Shepherd Lutheran College. Seeing as anxiety is such a large issue, you can help lower the risk and help those who suffer from anxiety attacks. There is a wide range of coping mechanisms and places to visit for information, as well as people who you can talk to who will be able to help you, and allow you to find a way to get around and control your attacks.

Many people have different perspective views on what anxiety is, however the medical definition is as follows; ‘Anxiety is an emotional reaction to fear which results in a stress response both psychological and physiological’. This is however not an uncommon issue, anxiousness and anxiety is normal, it is normal behaviour to be stressed and worried. Unfortunately, if this issue continues, and is constant for an extended period of time, such as anxiety disorders, is can be harmful to your health and wellbeing.

You might be wondering how do I know if someone is going to have or is having an anxiety attack? There are some very distinctive signs and symptoms, some of these include; sweaty palms, shortness of breath, fast muscle tensing and un-tensing as well as increased temperature and narrowed, stressed thinking. Although there are many other symptoms of anxiety attacks, these are some of the most identifiable.

Medical professionals use this idea of a spectrum to measure the level of stress / anxiety you are experiencing. It is called an anxiety continuum and the two sides range from when you are asleep at one side, to highly anxious on the other. During the average relaxing day, you are located on the lower end of the spectrum. However, this is expected as when you are in situations you are comfortable with, you will perform to a higher standard and your level of anxiety will be little to non; whereas if you are in a high stress / complex situation, your anxiety levels will be higher, putting you on the top end of the spectrum, this will usually cause you to perform poorly, or not as well as you expected.

Some ways to help yourself or a friend suffering from an attack include; getting physically active, doing things such as stretching, yoga etc. Try to distract your mind by doing enjoyable activities, such as kicking a footy, painting or watching a movie. You can talk over your problem with a trusted person in the College community, such Mr Boyce, Pastor Andrew, your House Co-ordinator, your Year Level Co-ordinator or just a trusted person. If you believe the issue is larger than talking to a teacher, you could go to Headspace, Act Commit Belong or beyondblue. These are however only a few of the options for help, there are many more. In Australia, anxiety affects an average of one in four people, one in three women and one in five men. In a 12-month period, over two million Australians experience anxiety. If you are looking for some more information, the following links are very helpful and informative about anxiety.

https://headspace.org.au/

Sune’ Minnaar
Year 11 Student
Thank you to the many people involved in the combined College / Church service, it was a lovely morning. Thanks especially Pastor Andrew, Junior School Choir, MS / SS singing group, Band, Bible and prayer readers. Thank you Tahlia Anver for sharing your recent experiences of Djibouti, Africa and Australian Lutheran World Service (ALWS). A most humbling presentation. We will again be supporting ALWS through the 'Gifts of Grace' program later in Term 4.

Reflections

Trust in the LORD with all your heart. Proverbs 3:5a

Always be humble and gentle. Patiently put up with each other and love each other. Ephesians 4:2

Every good and perfect gift is from above. James 1:17

God is our refuge and strength, always ready to help in times of trouble. Psalm 46:1
Signmee

Many of you are now using Signmee, our new online service for managing home-school communications. Thank you for 'signing' the "Enrolment Intentions 2017" form which is extremely helpful as we start organising classes for 2017. Please remind anyone you may know wishing to enrol at Good Shepherd to complete an application form as soon as possible, including any siblings.

Signmee is an excellent, modern communication method; saving a lot of time and effort for all. You can access the Signmee site here: http://signmee.com/ and also via SEQTA - portals.

If you require any assistance, please contact the College on: 8983 0300 or email: admin@goodshepherd.nt.edu.au

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The Uniform Shop

30% OFF Original Stock Sale

- Backpack (L)
- Water Bottle
- T-9 Blouse (8, 10-26)
- 10-12 Blouse (16-26)
- T-9 Boys Shirt (20-26)
- 10-12 Boys Shirt (18-25)
- Culottes (4, 12, 16-24)
- Formal Shorts (102, 107, 112)
- Formal Trousers (82, 97, 102, 107, 112, 117)
- Sports Polo (9-28, S-3XL)
- Sports Short (2S, XL-3XL)
- Jacket (10-12, S-XL)

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Junior School Information Evening

Tuesday 25 October 2016
6.30pm – 7.30pm
St Andrew Campus, Leanyer

The evening will provide information on the College’s Junior Schools, including the International Baccalaureate Primary Years Programme (IBYP). It will also enable you to better understand the College’s enrolment process and will provide an opportunity for you to ask those important questions concerning your child and their entry into one of our three Junior Schools in Palmerston, Leanyer and Howard Springs.

We look forward to meeting you on this occasion.

Please RSVP your attendance by Monday 24 October
P : 8983 0300 E : enroll@goodshepherd.nt.edu.au

St Andrew Campus
94 Leanyer Drive, Leanyer
www.goodshepherd.nt.edu.au
VALEDICTORY & AWARDS

Service 2016

Please join us for a night of special awards and the Graduation of our Year 12 students. This will be our closing ceremony for the year, involving many of our students. We would love to see you there.

Wednesday 23 November, 6.30pm
Darwin Convention Centre

p: 8983 0300
e: admin@goodshepherd.nt.edu.au

GOOD SHEPHERD
LUTHERAN COLLEGE

Identity | Service | Respect
Community Notices

THAT'S DANCING

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AS WE WELCOME OUR 20 YEAR ANNIVERSARY

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SWIM DYNAMICS

SWIM SCHOOL
Holiday Intensive Program
Come and join the fun!
*Monday - Friday
*October 3rd - 7th 2016
*Nightcliff Pool
Contact us now to book!
Educational, Active & Fun
Skills for Life!
Use your School Sports Vouchers with our
Swim Australia Registered Swim School.
0421 631 624
www.swimdynamics.com
info@swimdynamics.com

FREE
Active Family Fun Evening
Casuarina Swimming Pool
28th September 2016
6pm – 8pm
Come and Try Pool Lifesaving, Aquatic
Activities, Prizes & a Sausage Sizzle

Come along and have some fun with the Royal Life
Saving Team and Boof the Barra as they celebrate
Water Safety Week

For enquiries please contact 8981 5036 or
watersafety@rlisa.org.au

Swim Club
COMPETITION | FRIENDS | FITNESS | AWESOME
SWIMMERS BODS

Palmerston & Rural Swim Club
is looking for people to join us for the coolest sport in
town. We have squads for all of the following

Stroke development | Juniors | Teen | Adults | special needs

COME JOIN US!!!

Contact us or come down to
Palmerston Pool M,W,F

Sport vouchers accepted
Head coach: 0400 299 622
info@palmerstonsharks.com.au

Splash!

WATER SAFETY

* The Water Safety Unit *
www.royallifesaving.com.au
Community Notices

Rotary Club of Litchfield/Palmerston Inc.
supporting Australian Rotary Health

Invites you to join us for a fun-draining
3-Hour Sunset Cruise
on the
Spirit of Darwin
Boarding Stokes Hill Wharf at 5:30 p.m.
Departs 6:00 p.m. Returns 9:00 p.m.

SATURDAY, 8 October 2016

TICKETS: $40.00 per person
Children U12 $5.00

Includes complimentary drink on arrival and finger food supplied

This fun-draining event will help shine a light on mental illness in Australia. Money raised goes to research into helping those affected by depression, anxiety, schizophrenia and other illness. Australian Rotary Health, one of the largest non-government funders of mental illness research in Australia.

Tickets can be purchased online: www.spiritofdarwin.com.au or by contacting Rotary Litchfield/Palmerston: Secretary: Valerie Wilkie; M: 0407 155 639 or Email: valric1@bigpond.com

The NT Badminton Assoc Inc
is hosting the
2016 U15 Badminton Championships including the Val Nesbitt Trophy

At the NT Badminton Centre, 19-21 Alfreds Street, Wen Eddie
Val Nesbitt Australian Ladies Trophy 30/9/2016 – 02/10/2016
U15 National Titles 03/10/2016 – 05/10/2016

Come along & see the best of the best U15 Australian Badminton players fight for the titles.

Session times 9.00 – 12.00 & 17.00 – 20.00 daily.