From the Principal

Dear Parents, Friends and Caregivers

Ignatius Park College acknowledges that the land we meet on today is the traditional lands for the Bindal and Wulgurukaba People and that we respect their spiritual relationship with their Country. We also acknowledge the Bindal and Wulgurukaba People as the traditional custodians of the Townsville region and that their cultural and heritage beliefs are still as important to the living Bindal and Wulgurukaba People today.

Winston Churchill former Prime Minister of the United Kingdom once stated, “We shall draw from the heart of suffering the means of inspiration and survival.” There is no better example of this quote than the resilience and comradeship of the Townsville community over the past week. The extreme weather event has been a challenge to us all. The flooding has had devastating effects on homes, businesses and infrastructure within the Townsville region. I would like to personally thank all members of the College community for your patience and understanding as we closed the College for four school days. This decision was made for the safety and wellbeing of your son travelling to and from school.

This has been a tragic time for our community and I am aware we have a significant number of staff and families who have been adversely affected by the flooding, both directly and indirectly. It is important we keep all members of our College community in our prayers and thoughts. As the waters recede and we move back into our normal routines, we need to be mindful that the impact of this event on individuals and families will continue for weeks and months.

Adversity such as this shakes us to the core because it challenges our beliefs about ourselves and our place in the world. Adversity may show us that we are vulnerable and events such as this can dramatically change our life and how we perceive the world. To overcome adversity and move on, we need to rebuild our physical world and nurture ourselves socially and emotionally. Our College symbol of the Phoenix symbolises that out of the ashes we are reborn, becoming stronger and invincible. The Phoenix represents the ideals and faith, on which the College is founded, cannot be destroyed, and resilience to move forward and build a new positive world.

The following message has been sent to Most Rev Timothy Harris, Bishop of Townsville, from Rome.

Having learned of the loss of life and destruction of property caused by the heavy flooding in Townsville, the Holy Father assures you of his heartfelt solidarity and prayers for all those affected by this disaster. His Holiness prays especially for the repose of the deceased, the healing of those injured, and for the important work of reconstruction. Upon all Pope Francis willingly invokes abundant blessings of consolation and hope.

Cardinal Pietro Parolin
From the Principal

Our EREA Touchstones call us to be authentic to the Gospel values and be a truly inclusive community. I have been personally touched by the generosity of the Townsville people, who openly reached out to others in this adversity by driving their boats to isolated houses and rescuing evacuees, or assisting their neighbours in cleaning their houses once the water had receded. Ignatius Park College opened its Hall as an Evacuation Centre and had over 270 evacuees by Sunday. Thank you sincerely to all members of the Ignatius Park community who responded to the Facebook request and donated food, clothing, nappies and toiletries. Prime Minister, Scott Morrison, visited Ignatius Park Hall on Monday and was truly thankful for the generosity of the College community for offering our facilities to those who needed shelter in our region.

As a College, we are aware the trauma many of our families have suffered in the last week. The College will be providing support to students affected by the flooding with regards to uniforms, stationery, books etc. Counsellors will be available for students if they need support. Since the flooding, I have been overwhelmed by many EREA Principals and their College communities from around Australia, who have passed on their prayers and support for our community in this difficult time. Likewise, Bishop Tim Harris, Townsville Bishop, and Dr Wayne Tinsey, EREA Executive Director, have contacted the College and send their prayers and blessing to all who have been affected by the floods.

A reminder to our College community, given the closure of the College, the Swimming Carnival that was scheduled for this Friday has now been postponed until Friday, 15 February.

God, you are in the midst of those who suffer
May all affected by the Townsville flooding feel your healing presence.
God, you are in the hands of those who reach out
Help responders in their courageous work.
God, you are in the hearts of those compassionate ones
Whose prayers reach out for their families
Whose prayers reach out for their neighbours and strangers

God, you are in the still small voice,
The gentle whisper that follows
May our ears always hear
May our hearts always cry out for one another
May our hands always reach out to one another
And may we always walk like you walk
In solidarity with those who suffer
And so reflect your presence and comfort.

Live Jesus in Our Hearts Forever

Shaun Clarke I Principal
Identity and Mission

Prayer after a flood

Creator God, the flood waters came, wreaking havoc upon Townsville and its surrounds, our homes, our rescue workers, our sense of security, and we turn to You for comfort and support. We know that waters can destroy. In a world decimated many times before, we remember the destructive abilities of these flood waters. Keep us far from apocalyptic thoughts, for we know that You ask us to care for each other, an awesome responsibility. We also know that we can seek You in the waters.

We recall Your Loving Hand, guiding us in our infancy:
   From a barren rock, You brought forth water to quench our thirst,
   In the midst of a journey through the wilderness, You showed Miriam a myriad of wells which healed our parched throats,
   Through Your love, we found our way.

Be with us now, during these deluged days. Draw us close to those harmed by these waters, hearing their cries, responding to their needs. Lead us to support those who will fix the cities, care for the displaced, who bring healing to those suffering. We give thanks for the courage and dedication of the emergency services who have come to the help and rescue of all in need. Though our attention spans seem so short, may we be slow to forget those who were in danger.

And may we all embrace at least one lesson spoken aloud by so many who, facing the floods, rushed to pack up their valuables:
   That memories of love and of time spent with family and friends are priceless, holy and sacred. This can never be taken away.

As we rush to meet the challenge of living in this imperfect world of ours, may we slow down enough to cherish those who are truly valuable to us.

Blessed are You, O God, who differentiates between the truly valuable and everything else. AMEN

An Inclusive Community extends beyond the gates of Ignatius Park College. We are grateful to be part of the Townsville community, the Edmund Rice Education Australia community, the Catholic community and a global community of people who care. Many have reached out to offer us a hand at this trying time. If you need a hand, please ask. We have the support of our wider community.

Vinnies on Eckland Street is open from 9am to 5pm to help people who have lost belongings in the flood. Clothing, shoes, toiletries, linen, towels and nappies are available to anyone who needs them. For further help, contact the Vinnies helpline on 1800 846 643.

Johanna Smith | Deputy Principal - Identity and Mission
BYOD Network Connection for Students

Our IT Team is diligently working through student devices by year level, to ensure that all students are connected to the College Network as soon as possible. This process involves two sequential steps:

**Step 1**  
Student devices are connected to the IPC wireless network

**Step 2**  
Student devices can then access the VDI connection [HERE](#).

The team have almost completed the Year 7 connections and are currently working through Year 10s. Year 8 and 9 will be completed during Week 3. Any Year 7 students who are not connected may see the IT Team in the Library at lunchtimes during Week 3. We had hoped that this would be completed sooner, however, the weather event has caused unavoidable delays.

Please ensure your son has returned the Compliance Form (which includes instructions regarding locating his device’s MAC address). These have been widely circulated, however, should you require another copy please click [HERE](#).

**For students with expired IPC passwords that are unable to change them.**

It is best that all students wait and change their passwords while at the College on the IPC Network. If your son has been connected to the network, or has a school laptop under the old laptop scheme, he may get a message telling him that the password has expired. If he is unable to change it from home or change it on his device, encourage him to:

1. Go to the IPC library and log on to one of the desktop computers, he will again be promoted to change the password;
2. Change the password to one that he has not used before, but that he can remember; and
3. After successfully changing the password, be sure to log off from the library computer.

This will change your son’s password and he can now use it to log on to his own device or from home.

**Academic Mentoring Weeks 2 to 4 – Developing a Growth Mindset**

According to researcher Carol Dweck, the attitude and belief that you cannot learn or do something is part of a way of thinking or a “mindset”. When it comes to our mindset, people typically fall into one of two predictable patterns: they learn to adopt either a growth mindset or a fixed mindset. However, there are times in our lives or with certain circumstances where we can move from one mindset to the other. The good news is that these basic beliefs are learned, and we can change them.

During Weeks 2 to 4, students in Years 7, 8, 9 and 11 will begin the Academic Mentoring to explore how they learn best and can nurture their growth mindset. Why would we want young men to develop a growth mindset?

Research has shown that people with a growth mindset are more resilient, as they learn and understand that:

- Trying and failing is part of the process;
- Learning requires stumbling, correcting, and growing;
- You do not have to know everything in advance or be good at something right away;
- Practice and skill-building are more important than embedded talent;
- They are the driver and navigator for their own learning;
- You are always a beginner; and
- Life is about life-long learning.

At the end of Week 4, ask your son about his preferred learning mode - how does he think he learns best? At this stage, he may struggle to describe exactly “how” he learns. It is our goal that by the end of the term, he will have a better insight into not only how he learns best, but how to ensure that he can create his own learning environment that supports this. If you have any questions about the Academic Mentoring Program, please contact Mrs Elcoate at the College.

**Subject Changes**

With the increased accountability required through the new QCE System, some aspects of the subject change process have changed. When changing subjects, students will need to collect a Subject Change Form from the Edmund Rice Office to take home to complete and it must be signed by a parent/guardian. Students in Years 8 to 11 will need to see Mrs Elcoate for subject changes and those in Year 12 will need to see Mr Stewart.

**Year 7**  
Students are not permitted to change subjects

**Years 8 and 9**  
Students may only make subject changes for elective subjects. If the subject class is full, the change will not be made. Subject changes close on Friday, Week 4.

**Years 10 and 12**  
Students will need to consider their OP, ATAR and QCE eligibility prior to making changes. Subject changes close on Friday, Week 4. Year 11 students at risk for their QCE may be required to change subjects in Weeks 7-9 of Term 1. Students will need to have a meeting with Mrs Elcoate or Mr Stewart prior to the changes being accepted.

Allison Elcoate  
Deputy Principal - Operations and Data Analysis
Swimming Carnival

The Swimming Carnival has been postponed until Friday, 15 February 2019. Should you have any questions or concerns please do not hesitate to contact the College Office.

Indigenous Community Meeting

We have decided to reschedule the Indigenous Community meeting to Thursday, 14 February 2019 at 5:30pm at the College. As mentioned in previous emails, this meeting is to outline some programs and opportunities for students in 2019 and also to register students for the Journey 2 Jobs Program for 2019. For students to take advantage of the opportunities the J2J Program offers, they must register even if this was done last year. Light snacks and refreshments will be provided.

Please contact the College Office on 07 4796 0222 or email andrew.kirkpatrick@ipc.qld.edu.au to confirm your attendance for catering purposes.

Andrew Kirkpatrick  |  Program Leader - Indigenous and Multicultural

Homework Program

Due to the weather, the Library Homework Program will commence NEXT week. Click HERE to view the 2019 Term 1 Homework Program Schedule.

Pudy Timbs  |  Learning Resource Coordinator

Uniform Shop News

THANK YOU to all the wonderful volunteers who assisted at the Back to School Sales this year. The new set up was a success, with less waiting times and a more relaxed environment for all. With approximately 600 families attending the Back to School Sales, without the help of volunteers, it would ot hae been possible. You know who you are, so THANK YOU!

Can we do it better in 2020? Improvement is always achievable. If you have any suggestions, please email me at the Uniform Shop - Larissa.Moule@IPC.qld.edu.au

Uniform Assistance

If you are in need of uniforms due to the recent weather event, please see the College Office during school times.

If you have any old uniforms you would like to donate to our families who were affected by the floods, it would be greatly appreciated. Donations can be delivered to the College Office. A Second Hand Shop has been set up in this time of need.

Larissa Moule  |  Uniform Shop

Music Notes

Instrumental Music lessons will begin next week and there is still plenty of time to return your forms to be a part of our great program. Guitar, Piano, Drums, Brass, Woodwind, Ukulele and Voice lessons are available from a dedicated and passionate group of teachers.

Lessons are for all year levels from beginner to advanced, so why not try your hand at music making. The benefits are endless.

Enrolment forms can be obtained from Student Services.

David Roberts  |  Instrumental Music Coordinator
Edmund Rice Education Beyond Borders (EREBB)
This year Ignatius Park College will be linking and making connections with other Edmund Rice schools both within Australia and globally. This is an amazing and exciting opportunity across the EREBB network, we are keen to establish a close working relationship with Colleges across Australia and from Ireland, England, New Zealand, India, South Africa, Argentina and the USA. In particular, we are wanting to share with our partner schools:

1. How IPC lives the ER Touchstones and how we can share our story
2. Establish connections between our Year 7 students and your students (preferably same age) as ‘email buddies’
3. Look at the possibility of student / staff exchanges or immersions in the future.
4. Sharing curriculum and resources to broaden the educational experience for our students across key learning areas.

Greg Christ  |  Identity and Mission Coordinator - Liberating Education EREBB

Chinese New Year
Chinese New Year was celebrated on 5 February 2019 and is the Chinese Festival that celebrates the beginning of a new year on the traditional Chinese calendar. The Festival is usually referred to as the Spring Festival in mainland China, and is one of several Lunar New Years in Asia.

The Pig is the twelfth of all zodiac animals. According to one myth, the Jade Emperor said the order would be decided by the order in which they arrived to his party. Pig was late because he overslept. Another story says that a wolf destroyed his house. He had to rebuild his home before he could set off. When he arrived, he was the last one and could only take twelfth place.

The Pig is also associated with the Earthly Branch and the hours 9–11 in the night. In terms of yin and yang the Pig is yin. In Chinese culture, pigs are the symbol of wealth. Their chubby faces and big ears are signs of fortune as well.

Senior Induction Ceremony
The 2019 Senior Induction Liturgy has been postponed until Monday, 18 February 2019 commencing at 11.55am. We appreciate your understanding.

Flood Victims - Free Mould Remover
Australian Chemicals is offering a product called Nova Eucalyptus to those who were affected by the floods in the recent weather event. This product is used to remove mould from your property. If your property has been flooded please contact Australian Chemicals on 4779 8669 and provide them with your address.

Should anyone else be wishing to purchase the product it is available as follows:

- 5lt $20 + GST
- 20lt $65 + GST
- Sanitiser: 5lt $20 + GST (this is necessary to use following the use of the Nova Eucalyptus).

Although the Nova is free to flood victims, the sanitiser is required to be purchased.)
News from the Counsellors

I hope this newsletter finds you and your loved ones safe. It certainly has been a rollercoaster of emotions in the last 10 days. You and your family may have experienced a significant loss or have close friends or relatives that have experienced significant loss. This can be a challenging time for not just your children but for you as well.

Remember during this time that mixed emotional responses are natural there is no right or wrong way to feel. Below are some common reactions:

- Grief and Loss
- Confusion, guilt and shame
- Fear, Anxiety and insecurity

Some young people may not be able to verbalise how they are feeling but may show it through a change in their behaviour. They may become more aggressive, irritable, or start having behavioural problems at school. They also might become more withdrawn or clingy or develop physical complaints such as stomach aches or headaches. Adolescents might engage in other behaviours such as using drugs or alcohol or self-harm. Most people, of all ages, recover well from the emotional effects of natural disasters. Families, especially parents, have an important role in the healing process. But parents and families have their own problems to cope with, and you may find yourself juggling your own reactions to the disaster with your responsibilities for your child.

Routines are very reassuring and give a very strong message that life goes on following a traumatic event. If a child or young person has lost their house, is living somewhere strange or going to a different school, re-establishing family routines is extremely comforting.

How to help your son

**Provide stability** - Maintain some regular activities and encourage your child to eat, rest and sleep well. Explain what will happen today and the next day, as best you can, and write down a plan to remind them. Provide as much security as possible, by being around, giving your child time to talk, and by developing some comforting routines. Involve your child in choosing new belongings, and perhaps remember old toys and other treasured possessions with a ‘goodbye ceremony’.

**Offer reassurance** - Tell your child about what is being done to help the whole community. When possible, reassure them that their friends and other family members are safe, and contact them if you can.

**Normalise, but don’t minimize** - It can be a relief for young people to know that their feelings are normal, but be careful to acknowledge and respect their emotions. Do not dismiss or minimise the intensity and importance of their reactions. If they don’t want to talk – don’t push them.

Use your son’s strengths and likes-Talk about the strengths you know he has, and how they can use them. It’s quite okay to talk about how the disaster has affected you, and how you are trying to get life back on track.

**Be available** - Make time to be with your child, to do normal things, and to have some quiet time with them. Try to be available emotionally, although this can sometimes be hard when you, too, have a lot to cope with. If you seem anxious, it can reinforce their view that the world is unsafe. At the same time, allow your child some space, and some time to themselves.

**Encourage coping skills** - Encourage your son to step back from their problems or negative feelings and think of ways to reduce their distress. Help them work out ways to solve problems, and find ways to relax and reduce their anxiety.

**Be a role model** - Look after yourself and be true to how you feel. Try to keep your life as structured as possible. If you can, put off big decisions until you feel more stable. Get enough rest, and talk with friends, family and health professionals if you’re feeling overwhelmed. Don’t forget that caregivers need care too.

**Keep in contact with teachers and support staff here at school. Please let us know if your son is struggling so that we can help put support systems in place for you and your family.**

**Tips for talking about the natural disaster**

1. Stick to the facts.
2. Be very matter-of-fact.
3. Reinforce the fact that this trauma will end.
4. Give good facts – such as how many people are volunteering to help or donating money to help those who have been affected by the disaster.

Talking about it in a measured and contained way is very helpful for young people. There is NO evidence that talking about the trauma in this way will make things worse.

Please click [HERE](#) for some fact sheets from the Australian Psychological Society and from the University of Queensland that may be of assistance in what to look out for. There is also information that can be located at Headspace.org.au

**When to get help**

You should think about getting help if your son is having difficulties more than about six weeks after the disaster, or is not functioning well in normal activities. Services such as your GP, Headspace, School Counsellor or Child and Youth Mental Health Service can provide advice and assistance.

Seek immediate help if you think your child is at risk, for example of self-harm. Call your OOO or take them to the Emergency Department at the TTH. Lifeline (13 11 14) and Kids Helpline (1800 55 1800) are also available if required. Please do not hesitate in contacting us here at the College if you would like to discuss any concerns that you may have.

Dannielle Charge  |  Student Counsellor
Community

Government Assistance

If you have been affected by the flooding a reminder of the following assistance that is available.

State Government

Emergency Hardship Assistance
Emergency hardship assistance is not asset tested. If deemed eligible, applicants may receive $180 per person up to $900 for a family of 5 or more (7 day limit to claim).

Essential Services Hardship Assistance Grant
This grant supports people directly impacted by a disaster to meet their immediate needs where they have experienced loss of 1 or more essential services for more than 5 days. Not income or asset tested. May receive $150 per person, up to $750 for a family of 5 or more. PLEASE NOTE The grant is available for 7 days following the activation of the grant in your area. Extensions may be given due to delays in connections to electricity and communication services.

Essential Household Contents Grant
If you are uninsured, or unable to claim insurance, you may be eligible for financial assistance to provide a contribution towards replacing or repairing essential household contents, such as beds, linen and whitegoods, that have been lost or damaged in a disaster. Grants of up to $1,765 for single adults and up to $5,300 for couples/families are available.

Structural Assistance Grant
If you’re uninsured, or unable to claim insurance, you may be eligible for a one-off payment as a contribution towards repairs to your home to make it secure and safe. Grants of up to $10,995 for single adults and up to $14,685 for couples/families are available.

Essential Services Safety and Reconnection Grant
If you’re uninsured, or unable to claim insurance, you may be eligible for a grant to help you reconnect essential services that were damaged by a disaster.
There are two parts to the grant:
1. Inspection: up to $200 towards a safety inspection for each essential service needing reconnection (electricity, gas, water and sewerage or septic system)
2. Repair: up to $4200 towards repair work to enable essential services to be reconnected (for example, electrical rewiring).

Housing Help After a Disaster
If you have had to leave your home as a result of a natural disaster, we can help.
If you need urgent housing assistance, call 13 QGOV (13 74 68)
This help may be required immediately, or some weeks or even months later. Wherever possible, we will help people to find alternative housing themselves in the private market before other options are explored. Help may be offered to people who would normally not be eligible for some social housing products or services.
Services available include: Mortgage relief loan, home assist secure, bond loans, rental grants, rent connect & social housing (click on the link below to be taken to this page where you will find each of these links)

Federal Government

Disaster Recovery Payment
$1000 per adult, $400 per child
The Australian Government Disaster Recovery Payment is a one-off payment to help you if a declared disaster significantly affects you. It’s not for minor damage or inconvenience. To claim:
• call us on 180 22 66 where we can take your claim, or
• print and complete the Far North Queensland Floods, February 2019 – Australian Government Disaster Recovery Payment claim form.
*The PM has removed the 25% rule and stated that anyone that has had water go over floorboards is eligible.

Ex-gratia Disaster Recovery Payment
Help for New Zealanders adversely affected by the Far North Queensland Floods, February 2019. To get the ex-gratia Disaster Recovery Payment you must:
• be a non-protected SCV (subclass 444) holder and a ‘non-resident’ under the Social Security Act 1991, and
• have paid tax in Australia for at least one year in the past three financial years or will do so before 3 February 2020.
To claim:
• call us on 180 22 66 where we can take your claim, or
• print and complete the Far North Queensland Floods, February 2019 – Ex-gratia Disaster Recovery Payment claim form.
**Government Assistance Continued**

**Disaster Recovery Allowance (loss of income payment)**

Disaster Recovery Allowance is a short term payment to help you if a declared disaster directly affects your income. You can get it for a maximum of 13 weeks. It’s payable from the date you lose income as a direct result of the Far North Queensland Floods, February 2019.

To claim:
- call us on 180 22 66 where we can take your claim, or
- print and complete the Far North Queensland Floods, February 2019 – Disaster Recovery Allowance claim form.

**Ex-gratia Disaster Recovery Allowance**

Help for New Zealanders who can demonstrate a loss of income as a direct result of the Far North Queensland Floods, February 2019. To get ex-gratia Disaster Recovery Allowance you must:
- be a non-protected SCV (subclass 444) holder and a ‘non-resident’ under the Social Security Act 1991, and
- have paid tax in Australia for at least one year in the past three financial years or will do so before 3 February 2020.

To claim:
- call us on 180 22 66 where we can take your claim, or
- print and complete the Far North Queensland Floods, February 2019 – ex-gratia Disaster Recovery Allowance claim form.

**Other Points of Interest**

**Mortgage repayments suspended for flood victims**

RACQ Bank has announced flood affected customers in north Queensland could defer mortgage repayments on their home loans over the next few months, which would be a relief for homeowners in the wake of the devastating natural disaster.

**North Queensland Flood Appeal**

Launched by the Queensland Government. (Image attached to share to encourage to give)

**Telstra Disaster Relief**

Telstra has announced an assistance package for its residential and small business customers in the Townsville area who have been evacuated or have lost services due to flooding.

For details, to report a fault or to register for the assistance package call Telstra on 132 203.

On behalf of the College our hearts go out to those who have been affected by this major event. Please do not hesitate to contact the College if you need support in any way.

Take care and stay safe.