



The Rochedale

# SENTINEL

Tuesday 1 April 2008

Number 4

## FROM THE PRINCIPAL'S DESK

As we approach the end of term it is a great time for reflection – have we achieved our vision of *Performers for every stage Expressing talents in every field*? The individual and group successes of our students speak for themselves. For example did you know that:

- 97 % of 2007 Year 12 students who sought a tertiary place were successful
- Six 2007 Year 12 students were offered places at Griffith University prior to the end of the school year
- Three 2007 Year 12 students were awarded Logan City Council bursaries to continue their academic studies
- Two current Year 12 students will receive contemporary music awards from the Minister for Education, Training and the Arts this Saturday 5 April for excellence in the Arts
- Four Rochedale students from our girl's futsal team have been selected in the State team to compete in the National competition in Victoria later in the year
- Our chess team achieved second place in the recent Greater Brisbane competition with one student taking grand champion undefeated.

Success at Rochedale is underpinned by our values of integrity, participation, openness and equality which together with modelling and guided support, enable students to achieve to their potential in all facets of their development.

### Parent/Teacher Interviews

I am sure you are aware that interviews occur this week. If Tuesday evening is not convenient for you to meet with teaching staff, please make contact with staff through the school office as teachers are more than willing to discuss student progress at any time. It is important that we facilitate a healthy partnership between school and home to foster the best outcomes for our young people.

### Travelling to and from school

Every Rochedale State High School student is an ambassador for the school particularly when they are in public. It is important therefore that each and every student conducts themselves in an appropriate manner while moving through the community. This extends to observing traffic rules when on foot and also observing the law when riding. I have become increasingly concerned at the number of Rochedale students not wearing bike helmets and despite mentioning this on parade the practice continues. I would ask parents to encourage students to observe the law and wear a bike helmet while riding.

**Brian Forbes**  
Principal

## ALICE MILLS MAKES THE OLYMPIC SWIM TEAM

2003 Senior Student Alice Mills has been successful in making the Australian Olympic Swimming Team for Beijing. It is her 2<sup>nd</sup> Olympics, where she will be competing in the 4 x 100 metres relay. Students and teachers wish her all the best for a happy and successful Olympics.

## SCHOOL DENTAL SERVICE

Queensland Health currently has a Mobile Dental Clinic located Rochedale High.

Students in Yrs 8-10 are eligible to access the School Dental Service at no charge. All Yrs 8-10 students have been issued with consent forms to receive an examination and preventive oral care. (Should further treatment be required an additional consent form will be issued).

If your child has not brought home a form and you would like them to access the School Dental Service please call 0418 732 147.

**Julie Johnson (Oral Health Therapist)**

### Receive Sentinel by email



If you wish to receive your newsletter by email, please complete this section and return it to the school office. Alternatively, send your details to our email address – [postr2@eq.edu.au](mailto:postr2@eq.edu.au)

Name of youngest student at school: \_\_\_\_\_ Year Level: \_\_\_\_\_

Your name \_\_\_\_\_

Your email address \_\_\_\_\_

(please print clearly)

*Sentinel is emailed in PDF format and needs Acrobat Reader which can be downloaded FREE at [www.adobe.com](http://www.adobe.com)*

## WESTERN CORRIDOR RECYCLED WATER PROJECT CONSTRUCTION

Please be aware of the Western Corridor Recycled Water Project site that has been established on School Road. This is a pipe stockpile area where pipes will be stored in preparation for pipeline construction.

Watch out for trucks or other construction vehicles travelling along School Road and please adhere to the changed traffic conditions and speed limits. The site on School Road will remain operational throughout 2008.

Construction of the pipeline in the Rochedale area will commence in the next few months. You may see some initial work near Priestdale Road (near the Gateway Motorway) in the next few weeks.

We are committed to public safety and the safety of our workers so please stay alert around any construction sites.

If you have any concerns or enquiries about the construction activities please phone free call **1800 997 464** and keep an eye on this newsletter for regular updates on construction activities in the local area.

## THE ARTS NEWS

### ARTS COUNCIL PERFORMANCE

Live performances are an important part of the Music program at Rochedale State High School. We are committed to ensuring that our students have the opportunity to experience them.

Queensland Arts Council (QAC) has teamed up with one of the world's most innovative drummers, **Grant Collins**, to create a unique learning and performing opportunity where students won't just feel the beat, they become the beat! Students work in groups to learn body percussion beats and dance rhythms in a variety of musical styles. The workshop will culminate in a dynamic fusion of dance and music in which everyone is a performer. All Year 8 classes Year 9, 10, 11 and 12 Music classes and Year 9 Dance will attend this production.

The details of this performance **BE THE BEAT** are as follows:

**DATE: THURSDAY 17TH APRIL 2008**

**TIME: 1.45PM**

**VENUE: PAC ROCHEDALE HIGH SCHOOL**

**COST: \$6.00**

An invoice has been distributed to all students involved and they are requested to pay their money at the school payment window prior to the performance.



### CONCERT BAND

We wish to thank Mr Sean Butler who has acted as Band Master and Instrumental Music teacher for Term 1. During this brief time, he has capably led the band and prepared students for public performance. We wish him well in music education.

Mr Bryan Pearson will resume his role as Band Master from Term 2.

The Combined Schools Band season will also commence next term. Parents and students will be advised of the details of this program early next term. The next public performance for the Band will be for our annual ANZAC parade on Monday 21st April. Students are reminded that full band uniform will be worn for this performance. White shirts MUST have a COLLAR. Thank You.

**M Semit and C Pagliano**

## MATHS NEWS



### SUCCESS IN CHESS COMPETITION

The origins of chess go back to the world's oldest civilizations – Indian and Chinese. Nowadays we cannot imagine our lives without this amazing board game. Try to think – when was the first time you were introduced to chess? I mean, how old were you when you became “informally” acquainted to the chess pieces and were taken by their smooth surface and interesting shape and edges (so nice to bite and scratch itching gums when teething!)

Years have passed but, let's be honest, you are still attracted to the board and pieces – Horses, Queen, King, Castles – no matter whether you mastered your skills in this game or not.

This attraction brought a group of students at Rochedale SHS to the Maths block where the chess gear was available at lunch time for anyone who was interested.

Ms Sharma was kind enough to supervise the "chess-lovers" first. Then, when she realised that some students showed talent at this game, she enrolled them into the Greater Brisbane Interschool Team Chess Championships. . . This is how it all began: From the passion and commitment shared by the students and dedicated teacher – the Rochedale SHS chess team was born! Soon after our team became a success story and it has been a success story ever since!

This year is not different to the previous ones, the Rochedale High Chess Team was successful in achieving 2<sup>nd</sup> place in the Brisbane South – High School Division.

One of the team members, Felix Klein is commonly known as a legend amongst the competitors! He has not lost any games to date and was Overall Champion at this competition.

Well done, Felix! Felix is one of our international students from Germany. Thank you Felix for bringing your talents to share with us! Thank you to the team of Jarred Horsfall, Felix Klein, Sam Reid, Rachael Solomon for their determination, commitment and most importantly team spirit! Our second team with members Matthew Fortune, Rory Hiscock, Ayden Fleete, Nick Cave also enjoyed the chess day even though they were not placed.

Thank you Ms Sharma for your dedication and readiness to go an extra mile to support the students and promote our fantastic school – Rochedale SHS.

By the way, did you know that chess develops strategic thinking, and strategic thinking is essential to success in Maths?! Now you are not surprised that the Chess team originated and found their home in the Maths Department.

**Mrs Elena Trushin**  
Senior Teacher

## GUIDANCE NEWS

### **STUDENT EXCHANGE AUSTRALIA** **– FREE INFORMATION EVENING**

**Wednesday 16 April 2008**

**7.30 pm**

**Terraces on Wickham, 345 Wickham Terrace,  
Brisbane**

[www.studentexchange.org.au](http://www.studentexchange.org.au)

**1300 135 331 (cost of a local call)**

- Come and meet our staff
- Hear comprehensive information on all aspects of exchange
- Ask questions
- Listen to questions asked by other students and parents, and
- Meet other students who are considering going on exchange
- Scholarships available!

### **GRANDPARENTS RAISING** **GRANDCHILDREN**

Financial help for:

- School camps
- Approved sport & recreational activities in your community

Who is eligible for assistance?

Grandparents who are the primary carers and who are:

- Not receiving the fostering allowance
- Not approved relative or kinship carers

**For further information** contact Seniors Enquiry Line:  
1300 135 500

### **REGISTER NOW FOR THE 2008** **CRIME STOPPERS YOUTH** **CHALLENGE QUEENSLAND**

The 2007 Crime Stoppers Youth Challenge Queensland is designed to help young people to:

- Understand the context of crime;
- Investigate the processes involved in solving crime, including the role of Crime Stoppers, the police and the community;
- Reflect on the consequences of crime;
- Plan and communicate strategies to reduce and prevent crime.

The aim of the Crime Stoppers Youth Challenge Queensland in 2008 is for participants to critically examine the crime of arson.

**What is arson?**

***Arson is the act of intentionally and maliciously destroying or damaging property through the use of fire.***

Register online at [www.crimestoppersyouth.com.au](http://www.crimestoppersyouth.com.au)

**Registrations close JUNE.**

### **MT GRAVATT POLICE-CITIZENS** **YOUTH CLUB (PCYC) HIP HOP** **DANCE REVOLUTION**

Bringing our Hip Hop Dance Community together for Youth Week!

Join us for a night of fun and excitement that is based on building and strengthening the Hip Hop Dance Community.

**WHERE: SUNNYBANK HIGH HALL**

**WHEN: FRIDAY 11 APRIL**

**TIME: 4.00 – 7.00 PM**

**COST: \$2 ENTRY**

**CONTACT MT GRAVATT PCYC: 3420 4655**

HOSTED BY KiID – G

**HIGHLIGHTS:**

- Junior Hip Hop Dance Competition
- Dance & Krump Showcases by Bounce Street Dance Studios, Triumph Pham & Shortys Crew
- Jam Session for all dancers.

## HEALTH MATTERS

Smoking causes over 80% of all drug related deaths in Australia, far more than alcohol or illicit drugs!

Did you know that 80% of young people who smoke regularly continue to smoke as adults? Nearly half of smokers under 30 started smoking by the age of 15.

Everyone knows the risks of smoking, but people are still starting to smoke, and continuing to smoke.

## Why should you give up smoking?

Apart from the health risks, smoking is not seen as 'cool' any more. Its banned in so many places these days, that it can be hard to hang out with your friends.

Smoking is very likely to kill you

You stink of cigarette smoke your clothes, hair and especially your breath

Check out your fingers – going yellow yet – it is only a matter of time

Smoking affects you sense of taste and smell

Smoking is the most common cause of lung, throat and mouth cancer.

You are 10 times more likely to die early from major stroke or heart attack

Breathing whilst exercising is a lot tougher when you are a smoker

Smoking damages small blood vessels and restricts blood flow to hands and feet, can lead to gangrene and even amputation of limbs

## How can I give up smoking?

No-one is pretending that giving up smoking will be easy, especially if you have been smoking regularly for a long time. You will probably have to deal with cravings to smoke triggered by habit and certain feelings (such as feeling stressed) as well as the addiction to nicotine itself. However, people are giving up smoking every day, and you can do it too!

### Step Plan

**Step 1.** You need a plan – It doesn't have to be written down, just give it some thought and choose a few tactics to avoid that smoking normally fills in your life.

**Step 2** – Make some decisions  
You need a quit date – if you don't set an exact date the day may never come

**Step 3** – Quit Day  
Stick to your decision  
Understand withdrawal symptoms  
Cope with urges  
Use the 4 D's  
Drink water  
Delay  
Deep Breathe  
Do something else

**Step 4** – Relapse prevention  
Tried to quite smoking but had trouble sticking with it? You are not alone. Remember your efforts so far have not been wasted. The time you have spent not smoking so far has helped your body become healthier.

Remind yourself why you wanted to quit and try again  
**Step 5** – Sticking with it  
Having successfully become a non-smoker, many of your friends may be shocked. They won't believe it and will probably continue to offer you cigarettes. Be strong and don't kid your self that one won't hurt. After all that's how you started in the first place.

### **Helpful contacts**

Cancer council help line 131120

Quitline Call 13 QUIT (137848)

Your doctor  
School health nurse

### **Websites:**

[www.OxyGen.org.au](http://www.OxyGen.org.au)  
[www.qldcancer.com.au](http://www.qldcancer.com.au)  
[www.feelinggood.com.au](http://www.feelinggood.com.au)  
[www.quit.org.au](http://www.quit.org.au)  
[www.quitnow.info.au](http://www.quitnow.info.au)

**Good luck**  
**Colleen Hunter**  
**School Health Nurse**

## UNIFORM NEWS

The P & C Uniform Shop is always open on Pupil Free Days from 8.00 am to 11.00 am for the purchase of uniforms.

The Uniform Shop also has in stock junior and senior boys' long trousers for winter as well as warm winter scarves.

The Uniform Shop currently has a fairly limited supply of some sizes in the fleecy jumpers and taslon jackets with the new order, which comprises fleecy jumpers, fleecy track pants, taslon jackets and pants which will be arriving in Term 2.

Your P & C has now built up a small supply of second hand uniforms for sale at very reasonable prices, but we would appreciate any good quality uniforms you may wish to donate.

**Marlene Protheroe**  
**Uniform Convenor**

POSITION VACANT  
Canteen Assistant  
Permanent - Part-time

Do you have.....

- Food handling experience
- An awareness of Workplace Health & Safety and Food Hygiene practices
- Cash Register experience
- The ability to handle money
- Food preparation experience

Does 17½ per week between 7.30am - 11.00am daily sound good.....

Then you may just be who the Rochedale State High School P&C Association is seeking to fill the position of Permanent Part-Time Canteen Assistant.

Additional hours may be required on special School Based or P&C related business, such as Sports Days, Stocktake etc.

If you're interested, please forward a letter no longer than 2 pages in length, outlining your ability and/or experience to:

Deb Hartwell  
V/President  
RSHS P&C Committee  
C/- RSHS  
Priestdale Road  
Rochedale Qld 4123.