



# The Rochedale

# SENTINEL

Tuesday 1 May 2007

Number 4

## FROM THE PRINCIPAL'S DESK

At Rochedale High we believe strongly in the adage "It takes a village to raise a child". In other words, we view education as a partnership between the home and family, the student and the school. Each of these partners has an important role to play in the academic and social development of our young people. Our school's role is to create a supportive and challenging environment through which students identify and develop their strengths, work to overcome their challenges in order to grow into socially aware, contributing young adults. Our students have a responsibility to themselves to seek out and exploit opportunities that will develop their talents, take personal responsibility for their academic and social growth and work towards achieving their own excellence.

In today's complex education system, some of our parents feel alienated. This may be due to their own experiences of school, unfamiliarity with current educational theories and practices or just simply overwhelmed with the pace of the 21<sup>st</sup> Century and the expectations that follow. To this end, I have provided below some simple strategies that families can employ to play their role in the partnership we call education. These strategies, whilst simple and sometimes obvious, can and will play a significant role in supporting our young people to become "Performers for every stage expressing talent in every field".

- **Start each day smoothly and peacefully** with kind words, smiles and a hug. A child leaving a happy home starts the day in a happy state of mind – the best pre-condition for good learning.
- **Ring-fence time every day** after school to spend with your children, hearing about their day, listening to what they are saying and paying them your full attention with no interruptions.
- **Send your children to school** with a nutritious breakfast inside them – one that includes protein, fruit and good carbohydrates. Pack nutritious, healthy and tasty food in their lunch.
- **Make sure they get plenty of sleep** every night so their brains and bodies can grow.
- **Use non-aggressive conflict resolution** strategies so your children learn by example how to deal effectively with their anger and frustration with others. Help them learn to share and take their turn.
- **Place a high value on good manners** and respect for others and their property.

- **Model and teach time management** and organizational skills. Use calendars and planners for school and family life.
- **Show your love of learning** by going with them to the library, to concerts and art galleries. Find out the names of plants and birds in your locality and go for walks together. Fill your home with books.
- **Talk with respect about teachers.** Deal with any issues in private, not in front of your child.
- **Encourage them to take responsibility** for their own learning.
- **Let your children know every day how much you love and value them.**

David McDonald  
Principal

## CAREERS EXPO

On the 20<sup>th</sup> of April, 50 year 11 & 12 students from Rochedale High attended the National Careers and Employment Expo held in The Brisbane Convention & Exhibition Centre at South Bank.

This free event provided the opportunity for our students to meet and make direct enquiries to employers, universities, TAFE organizations, armed forces, police and the Qld Government, regarding future pathways after high school.

I'm sure all that attended found the experience to be well worth it.  
**Matthew Rentz Yr 12**

## QCS PRACTICE

The Queensland Core Skills Test is a test that students in year 12 have to sit in order to become OP eligible. For the first time this year, Rochedale High is taking advantage of the skills and resources of the educational group, Mighty Minds, and utilising these skills for the benefit of students. Their aim is to prepare students for the QCS Test by focusing students on the skills they have been developing through their classroom experiences that are relevant to the QCS Test.

The first Mighty Minds session was conducted early in Term 1, and focused on improving maths and problem solving skills. The second scheduled session hopes to build up English and literacy skills. **Matthew Rentz Yr 12**

### 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)*

## ANZAC DAY



On the 23<sup>rd</sup> of April Rochedale High School held its annual ANZAC day parade. The parade was conducted by a selection of year 8 students.

We remembered the brave soldiers who fought and gave their lives so that we have the freedoms we have today.

The Concert Band played *Advance Australia Fair* and *Waltzing Matilda*. Mr Bryan Pearson played *The Last Post* and Anthony Solomon played the *Rouse (Reveille)*.

**Matthew Rentz, Anthony Solomon & Angela Smith - Yr 12**



## VACANT POSITION

Applications are invited for the position of

**TEACHER AIDE (working with Students with Disabilities) at ROCHEDALE STATE HIGH SCHOOL. This position is initially for 13 hours per week. (Hours may vary in the future depending on Resource Allocation).**

A Position Description and Work Profile are available for collection from the Administration Office between 8.00 a.m. and 3.30 p.m. school days.

All applicants must provide a Resume and must address the Key Selection Criteria of the Position Description.

To be forwarded to: The Principal  
Rochedale State High School  
P.O. Box 3340  
LOGAN CITY DC 4114

Applications to be marked 'Private and Confidential'.  
Closing Date: 3.00 p.m. Friday 25 May 2007.

Preferred applicants will be subjected to a 'Working with Children' and 'Police Criminal History Check'.

## HOST FAMILIES REQUIRED FOR JAPANESE STUDENTS

Rochedale State High School will host a study tour for Japanese students from July 22<sup>nd</sup> to August 2<sup>nd</sup> 2007. We are looking for families to billet the students for this period. The students will be from 13-17 years old. Host families will be subsidised by \$30/night/student. You will be required to supply 3 meals a day, transport to and from school and a warm, friendly home. If you are interested in hosting a student, please complete the form below and return it to the school office. We will arrange for someone to contact you and discuss the program with you. Thank you.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE NO. \_\_\_\_\_

I am interested in hosting a Japanese student:

MAYBE

YES \_\_\_\_\_ NO \_\_\_\_\_ (Call Later) \_\_\_\_\_

If yes: A boy \_\_\_\_\_ A girl \_\_\_\_\_ Either \_\_\_\_\_

I can accept \_\_\_\_\_ (1 or 2 students)

## THE NATIONAL HPV VACCINATION PROGRAM

A new vaccine (Gardasil) has recently been developed to help prevent the most common types of cervical cancer.

The Human Papilloma virus (HPV) vaccination program is coming to Rochedale State High School this year and will provide the opportunity for all **Year 10, 11 & 12 female students to be vaccinated. This vaccination is free.**

The vaccination consists of 3 injections into the upper arm:

First dose – chosen date (probably in May)

Second dose – 1 – 2 months after the first dose (July 2007)

Third dose – 4 – 6 months after first dose (Nov 2007)

**It is recommended that all female students are vaccinated,** whether the student is sexually active or not.

This vaccination does not affect other medications that the student may be taking.

The vaccine provides protection for more than 90% of uninfected women who are vaccinated. The vaccine is generally tolerated well. The most common side effects are discomfort, swelling and redness at the site of injection.

Consent forms have been sent home and should have already been returned to school. If you have missed out on the school immunisation, they are available through the local council or local GP service.

Next year the immunisation will be available for Years 10, 9, & 8.

Any further queries call:

13health (13432584) or [www.health.qld.gov.au](http://www.health.qld.gov.au) or [www.immunise.gov.au](http://www.immunise.gov.au)

**Cheers  
Colleen Hunter  
School Health Nurse**

## SPORTING RESULTS

**YEAR 8 AFL - DISTRICT CHAMPS!** Congratulations to the year 8 nine a side AFL team in becoming the Logan/Beenleigh district champions.

The team recently competed in a round robin carnival against a number of surrounding schools. The boys (and one girl) played determined football all day and went through undefeated going into the last game of the day. This match was a physically gruelling encounter against Beaudesert High, who also came into the game undefeated. The Rochedale team put on early points, and although Beaudesert rallied late in the game a late minute goal by Corey Harrison sealed our victory. The team consisted of Cameron Smith, Zac Skipage, Ben Hogan, Hohaia Thompson, Ngahua Thompson, Jordan Ma, Adam Clark, Corey Harrison, Joshua D'Allura, Matt Gould, David Gould, Logan Langton-Greig, Shane Swift, Tadashi Wigley. The team now progresses to the next round of competition against champion schools from other districts. Good luck!



**FUTSAL** Last term Rochedale entered two Futsal teams into the Vikings All Schools Futsal Championships in the under 19's boys and girls divisions. They both performed well and it was the girls team who won through to the elimination round. Last year the girls made it to the same position and lost convincingly by 5 goals however this year there was huge improvement and marginally lost by two goals. Next year, third time round Rochedale is confident in going one step further. Girls Under 19 Futsal Team – Madelyn Ludwigsen, Dyanita Holliday, Ally Gardiner, Amy Klanke, Kim Potter, Tessa Sleeman, Tiarne Hominal, Emily Gudgeon, Rachele Eagle and Amy Pilling.

**EUROPEAN TEAM HANDBALL** On the 25<sup>th</sup> of March Rochedale entered a team into the All Schools European Team Handball Tournament. It was an interesting mix of rugby and volleyball players who decided to have a go at a sport many people have not even heard of before – European Team Handball which is a mix of futsal, basketball and water polo played indoors. After not even knowing how to play the game the boys displayed some fantastic skills and ability to achieve 2<sup>nd</sup> place at the championship.



**From left to right: Sean Davis Beau Waerea (MVP), Cameron Austin, Rowan Sonnekus, Brady Cuell, Phillipe Ader, Mr Kingi  
Front: Todd Davies, Bryce Walker, Ben Boland**

## TEACHER VS STUDENT BASKETBALL GAME

On the last week of term 1 student's at Rochedale High were faced with a challenge that created much talk and enthusiasm. The challenge was to select a student basketball team to match up against a teacher team studded with All-stars. The teachers ended up getting the better of the student's team winning the game 25 – 10. The effect that comes from games of this nature can be seen from the enjoyment both teachers and students that participated and observed. It also helps build a fantastic rapport between both parties which flows on into the classroom to create more positive and effective learning environment. We look forward with anticipation to the next student vs. teacher game of netball!

## DISTRICT FINALS

Summer district finals are here already and what a fantastic effort from all students who participated in an interschool sport. Rochedale has a small population of students in comparison to much larger schools like Mansfield and Cavendish Road State High Schools who have double and more the number of students to select teams from, however, the results Rochedale has produced over the years is quite significant. This season of sport saw 12 out of the 24 teams entered into interschool sport make a district final. That means 1 in every 2 teams entered made the district final!

Congratulations to the following teams who made a summer sport district final –

### Boys Teams

Volleyball – Year 8, 9, 10 & Open  
Touch – Year 9 & 10  
Cricket – Open

### Girls Teams

Volleyball – Year 9 & Open  
Touch – Year 10 & Open  
Softball – Year 8

## SPORTS SUCCESS AT A NATIONAL LEVEL

Two of our students have recently had outstanding success at National Titles. Year 9 Student Sam Whatley was a member of the Queensland Under 15 Boys Volleyball team that was the National title at the Australian Championships in Albury. Bonnie Sleeman – Year 9 was a member of the winning Queensland Weight lifting team that won the Australian titles in Sydney in April. Congratulations to both students!



## NEWS FROM THE ARTS

### ACTING AGAINST BULLYING WORKSHOP



On Tuesday 3 April, 12 Year 10 Drama students were trained as peers mentors for the Acting Against Bullying program. A special guest Professor Bruce Burton from Griffith University was invited to observe the training session and present certificates to the newly trained students. Students participated in a workshop from 8.30 – 11.00 am in leadership skills, drama strategies and techniques to run workshops about anti-bullying. For over 5 years our school has delivered the AAB program in conjunction with Griffith University as a way to empower young students about conflict resolution. This year we have decided to use Year 10 drama students as mentors who will visit Year 8 VPA classes and lead workshops.

Congratulations to the following students:

Rachel Boland  
Michael Cohen  
James Graczyk  
Renaë Grinlaubs  
Lauren Jones  
Brooke Karabache

Shane Oliver  
Todd Plucknett  
Rachael Rose  
Sophie Smith  
Nicole Kay  
Brooke Miller



## LANGUAGES NEWS

Bienvenue. Huan ying. Welcome. The language teachers at RSHS would like to welcome you and your student to their language studies. We hope they are enjoying their lessons so far.

The study of languages is becoming increasingly important in today's world. The contribution of technology and communication systems to the global arena has

highlighted the need for second language learning bringing the rest of the world ever closer to Australia.

The future of our nation rests with the young people we educate today. Their ability to gain employment and function in a rapidly changing world is greatly enhanced by learning another language. English will not be enough for these students. Of the 1.3 billion children in the world only 4% speak English. In order to participate in a global context, it is important for students to develop a range of linguistic strengths.

Studying a language contributes to and enriches your student's personal, social, educational, intellectual and cultural development. Through the study of language your student should develop:

- cognitive flexibility
- problem solving skills
- clear thinking strategies
- clarity of expression
- inter-cultural understanding

These are all important skills that will help your student throughout their life. Learning a language also improves their understanding of English and how it works.

Parents/caregivers can be of great help to students learning a language. Here are some ways to help your student.

- be positive about language learning
- ask your student to teach you something in the language
- ask your student to show you their language exercise books
- help with homework
- show an interest in other cultures

The necessity for language learning has never been greater.

Ms Du Thaler French SAC      Ms Lehmann Chinese SAC

These questions are for Grade 8 French students. The first student to hand in the correct answers to Mme Du Thaler will win a prize.

1. How do you say "I like pizza" in French?
2. When was the French revolution?
3. How long does it take to fly to New Caledonia from Brisbane?
4. What is the river that flows through Paris?
5. How many people live in France?

### CHINESE NEWS

#### **Welcome to our Exchange Teacher**

I would like to welcome Ms Zhu, an Exchange Teacher, from Shanghai. Ms Zhu is here for Term 2 and is working with Year 9, 10 and Year 12 Chinese classes; she is also helping the International students in Year 11 English and ESL classes. I hope she enjoys her time here in Australia.

#### **Year 9/10 Excursion**

On Friday, 27 April, students in Year 9 and 10 Chinese visited the Chung Tian Buddhist Temple. We were given an extensive tour of the temple, in the tour students practised writing Chinese characters and had a lesson in meditation. Ms Zhu, Taylor Johnson, Nicole Kay and Justin Jacobson got chosen by our guide to ring a special bell. Towards the end of our visit, Rev Shan organized for a demonstration of traditional Chinese games. After the temple visit we then went to a restaurant for lunch.

#### **Chinese Competition**

Congratulations to Zac Skipage for winning the last competition last term. Answer the following questions in Chinese and see Ms Lehmann with your answers. Must have it written down and be able to say this in Chinese

1. Name your family members.
2. 2 people.
3. 3 cats.
4. Name 3 occupations.
5. I am Australian.

Zaijian  
Lehmann Laoshi

## FROM THE GUIDANCE OFFICE

### Help available for teenagers with anxiety!

Does your teenager suffer from extreme anxiety? Around 8-10% of children and adolescents are affected by severe anxiety, which can cause significant problems in emotional, social, and educational functioning. Teens with anxiety may worry about meeting new people or being away from home; they may fear specific situations or just seem to worry all the time.

The BRAVE Program for Teenagers offers a 12-session internet or clinic-based program for the treatment of anxiety in adolescents aged between 13 and 17 years. Parents will also partake in some sessions. Families must have access to a computer (PC) and the Internet at home to be involved.

As this program will not receive any funding, to cover treatment costs, families will be charged a minimal fee of \$100 for participation in the treatment program. This one-off fee includes all assessment interviews and treatment sessions for both parents and teenagers. If you are interested in participating in our program, visit the BRAVE website:

[www.psy.mq.edu.au/brave](http://www.psy.mq.edu.au/brave)

## CERT III IN EDUCATION SUPPORT TEACHER AIDE 30613QId

Do you want to work school hours? Help children to learn? Gain valuable skills and knowledge? Career Keys will be delivering Certificate III in Education Support (Teacher Aide) 30613QId commencing July 2007. This Nationally Accredited Course runs for 20 weeks part time, 5 days per fortnight. Visit our website [www.careerkeys.com.au](http://www.careerkeys.com.au) and download the enrolment pack, phone Career Keys on 3299 0777 or email [careerkeys@eq.edu.au](mailto:careerkeys@eq.edu.au) **Training Venue:** The Construction Training Centre 460-492 Beaudesert Road, Salisbury. We are taking enrolments now, so don't miss out. Limited numbers.

## BASIC BABY SITTING COURSE

### ARE YOU AGED 13 – 19 YEARS

Do you look after your younger brothers or sisters or babysit other people's kids?

Do you know how to keep children happy, healthy and safe?

Do you know basic first aid and what to do in an emergency?

Do you know what babies and little kids like to do and how they develop?

Can you balance work and school?

Do you know how to keep yourself safe working in other people's homes?

Would you know what to do if you were worried that a child was being abused?

Do you want to meet new people, have fun, AND learn heaps of useful stuff?????

**FREE** courses are run between 19 July – 6 September from 4:00pm – 6:30pm at Mt Gravatt Community Centre, 1693 Logan Road, Mt Gravatt. Afternoon tea provided, no Exams or Assignments. Help with Transport if you need it. This program is funded by Save the Children. For more details and to register, contact Nolene at Mt Gravatt Community Centre on **3343 9833**.

## ASPERGER UNIT SEEKS TEENS

Researchers are looking to recruit teenagers with Asperger syndrome for a study.

University of Queensland psychologists hope to determine why mood and anxiety disorders are common among young people with the syndrome.

The developmental disorder, similar to autism, affects as many as one in 280 Australians.

Trials of cognitive-behaviour therapy are being conducted as part of the research.

By understanding the factors that cause the mood disorders, clinicians hope to be able to develop treatments.

Participation in the study involves an interview and, for suitable applicants, a series of two hour sessions.

For information, call 3346 7278.

## UNIFORM NEWS

The winter uniform stock of fleecy jumpers, fleecy track pants, taslon jackets and taslon track pants have arrived in time for winter.

Also, could any pupils waiting for pre-paid uniforms please come to the uniform shop as they have arrived.

**Marlene Protheroe**  
**Uniform Convener.**

## COMMUNITY NEWS

### CHARLES RAWLINS TAEKWONDO

Classes are now available at Rochedale State High School on Monday and Thursday afternoons from 5:00pm until 6:00pm. Contact Haris Olomi on 0402716707. **FREE MEMBERSHIP.** Train with State and National Champions, Nationally accredited NCAS Instructors and Coaches.

Special weapon and elite training. Traditional and competition Taekwondo (men, women and children welcomed)

### MONSTER BOOK SALE

Saturday 5 May 2007 from 9am-2pm at Logan North Library, Cnr Pannikin Street and Springwood Road. This day is to benefit Compassionate Friends. A self help support group for bereaved parents, Grandparents and siblings. 1000's books, videos, CD's, cassettes, magazines. Nothing over \$1. Get a bargain and support our organization.

### QUT

Parents find out more about QUT. Subscribe to our e-newsletter, QUT News for Parents by emailing [parents@qut.com](mailto:parents@qut.com). Attend a Parent Information Evening 16 May and 26 September 2007. visit [www.qut.com/parents](http://www.qut.com/parents) for details about all QUT events. Get the latest course information at [studyfinder.qut.com](http://studyfinder.qut.com).

