



the Rochedale SENTINEL

Tuesday 2 May 2006 Number 5

FROM THE PRINCIPAL'S DESK

Welcome back to what will be a hectic 10 week term that contains four student free or public holidays effectively reducing it to a 9 week term. It is therefore particularly important that students focus on their studies.

- Important Dates this term include:
- 4 May – Year 11 Maths A Orienteering activity
 - 11 May – Australian Mathematics Competition
 - 15 May – Yr 12 Queensland Core Skills Test preparation
 - 16 May – Rochedale Challenge for year 6 students
 - 18 May – Arts Council Yr 9 English and Yr 10 Drama
– ICT Boot Camp for Year 7 students
 - 19 May – 11 Biology Excursion to Bulimba Creek
– Music Maestro performance
 - 23 May – Year 7 Open Afternoon/Evening
 - 30 May – Yr 12 Hospitality Excursion
 - 1 June – Arts Council Yr 9/10 Drama
 - 6 June – QCS Preparation II for Yr 12 students
 - 7 June – Interruption Free Period Commences Year 11/12
 - 14 June – Examination Block Year 11/12. Attendance required only for examinations/assessments
 - 23 June – School Athletics/Yr 11/12 Exam Catch up – All students required to attend
 - 24 June – Winter Vacation commences

The above dates provide parents/caregivers with some insight into the range of teaching/learning opportunities available at Rochedale High which also contribute to the school's positive community profile. This is reflected in our 2006 year 8 enrolments where 42% of our year 8 cohort come from primary schools other than our local feeder schools. Our school is also one of only 32 in Queensland, and in fact the only school on the Eastern side of the freeway, both to the North and the South, to have its programs, procedures and policies accredited by Education Queensland International in order to accept international students. Hence, you can be assured that the quality of programs and teaching at Rochedale High are at the highest levels.

David McDonald
Principal

Year 8 Enrolments 2007

Expressions of Interest for year 8 enrolments are now being taken. Please contact Ms Janis Jeffers on Ph 3340 0400 for details.

Information Evening for intending year 8 students 2007
7.00 pm Tuesday 23 May

Enrolment Packages will be available on this evening

STRICT GUIDELINES FOR MEDICINES IN SCHOOLS

Strict new procedures have been developed by the Queensland Government regarding prescription and over-the-counter medication in schools. Our school is committed to working closely with parents and students to highlight the risk of students misusing these medications.

All parents/caregivers must:

- notify our school in writing of a health condition requiring medication at school
- request in writing if school staff are to administer medication or assist in the management of a health condition
- notify our school in writing of any requests and/or guidelines from medical practitioners including potential side effects or adverse reactions
- provide the medication in the original labelled container to the nominated staff member
- ensure the medication is not out of date and has an original pharmacy label with the students name, dosage and time to be taken
- notify our school in writing when a change of dosage is required. This instruction must be accompanied by a letter from a medical practitioner
- advise our school in writing and collect the medication when it is no longer required at school

Your co-operation in this matter is appreciated.

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

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

FROM THE DESK OF THE YR 9 CO-ORDINATORS

Year Nine Student Recognition Program:

The staff at Rochedale State High School would like to acknowledge those students who exemplify our school values and work to their full potential. Last term these students (pictured) demonstrated a commitment to their learning in all subject areas and received a certificate and congratulatory letter.

On Friday the 31st March at morning tea, we were also able to congratulate approximately 100 year nine students with a sausage sizzle. These students must also be congratulated for all of the work they have done this term.



Green Goes For Gold. Volleyball Champions 2006:

The interclass sporting challenge started last year with the year 8 Care classes competing against each other during their lunch time. Emphasis was placed on participation and team work rather than winning. The care classes competed in three activities; Volleyball, Touch Football and Softball. Competition was tough but Maroon was able to defeat all opponents and maintain an unbeaten record.

That competition was so successful that we have started the 2006 challenge.

This year's competition has been fierce with most care classes fielding a team and "giving it a go". The first final of the year took place in the Hall at Friday lunchtime. The unbeaten Maroon team was up against Green. With scenes reminiscent of the recent Commonwealth Games, the students played with great passion and determination. The roar of the crowd was deafening as their class mates cheered them on. Green was able to claim a narrow victory and halt Maroon's unbeaten record.

Well done to all of those who played over the term.

Mrs Bernhagen and Mr Forster
(Year 9 Co-ordinators)

The Home Economics/Hospitality Department. Year 12 Tropical Buffet:

On Friday the 31st of March the Year 12 Hospitality class held their first function for the year. Palm trees, flowers and the Beach Boys set the scene for a great night. Supported by approximately 18 family members, the guests were treated to a buffet that included a selection of salads and hot foods. To finish the evening off, the girls prepared coffees, sundaes and trifle.

These functions allow our students to practice the skills that they have learnt in class. The evening was a great success and the girls are to be congratulated on their efforts.

Thank you to the parents and friends who were able to join us

and we hope to see you at our future functions.

Funding Raising:

Our department is currently collecting labelled Pauls Milk Bottle tops and TipTop bread bags (Some examples of these breads are:- Noble Rise, Up Energi, English Muffins, Bazaar, Up, Sunblest, Retreats) to help raise money for the purchase on new equipment.

If you are able to help us with this venture, the lids and bags can be dropped off at the Technology Staffroom or you can contact Lyn Bernhagen on 3340 0426.

Mrs Bernhagen

RESOURCE CENTRE NEWS

The Readers Cup

Background

As part of our 50th Celebrations in 2004 The Children's Book Council of Australia (Queensland) organized a State wide Reader's Cup for students in Years 6-8, to highlight our vision "to foster children's enjoyment of literature and promote the value of children's literature to the community through supporting interest groups." Because of the great success of this project we are now running this as an annual event.

How it works

Teams of four students from Years 6/7 and Years 8/9 compete in Regional finals by reading a set of five or six titles set by that region. Teams answer questions on each of the books. The winning team goes on to the state finals in Brisbane to represent their region.

Currently at Rochedale SHS we have some Year 8 students preparing to participate in this event to be held in mid June, at Mt Gravatt SHS.

Another Reading opportunity for students is available with the MS Readathon.

SPORT NEWS

Summer interschool sport

Summer interschool sport for 2006 has now concluded and once again Rochedale students have performed brilliantly throughout the season. The willingness of Rochedale High students to be involved and participate in competitive sport, regardless of their abilities, has yet again laid the foundation for our continued success. It is also true that the endless hours committed to training sessions run by our sport teachers are paying dividends. It is with much pride that we can announce that 10 teams made it through to **district finals**, and 5 of those were successful in taking out **district premierships!**

Well done to the following teams and teachers in making district finals:

Year 8 boys touch - Cory Butcher 8B Nicholas Dwyer 8G Caylon Gardiner 8B Matthew Green 8B Benjamin Hansen 8B Aaron McBryde 8S Jason Neil 8B Jordan Pearse 8R Joshua Pollard 8G Kenneth Roeser 8R Corey Woltmann 8S **Coached by Mr. Peisker**

Year 9 girls volleyball - Natasha Allnatt 9M Lauren Bellworthy 8M Shani Cameron 9R Rachele Eagle 9P Amanda Gaudie 9M Colleen Hann 9G Rebekah Hynd 9P Brianna Milne 9R Whitney Roberts 9G Jeannine Sonnekus 9R Alesha Weston 9M **Coached by Ms. Llewellyn**

Year 10 girls touch - Chloe Downes 10M Rachel Gulliver 10M Jessica Hamer 10M Grace Leo 10B Madelyn Ludwigsen 10M Jessica Poulton 10G **Coached by Mr. Crase**

Open girls touch - Amy Falwasser 12 Melissa Hartwell 11B Laura Jaenke-Cain 12S Kelly Jones 11S Tracey McCrea 11P Kaitlin McGregor 12B Angela Smith 11R Jahann Thompson 11M Samantha Thomson 11G Tamika Waddell 11P **Coached by Mr. Crase**

Year 9 boys volleyball Tyson Baumann 9G Bradley Flavel 9G Cameron Gore 9S Nathan Hartwell 9S Ryan Hogan 9S Samuel Hollander 9G Jesse Lovett 9S Shane Oliver 9S Nathan Phipps 9M Morgan Williams 9B **Coached by Mrs. Broadway**

Congratulations to the following teams and teachers on winning district premierships.

Year 10 boys volleyball - Matthew Coutlis 10S Michael Csorba 10S Luke Dalton 10S Benjamin Harrison 10M Kyle Hill 10R Zac Schultz 10P **Coached by Mr. Broadway**

Open boys volleyball - Cameron Austin 11M William Bethune 11M Benjamin Boland 11S Brady Cuell 11M Todd Davies 11P Samani Sekona 12B Rowan Sonnekus 11B Brett Stewart 11M Bryce Walker 11B **Coached by Mr. Broadway**

Year 8 boys volleyball – Enrique Diaz 8G Aaron Hartwell 8G Blake Houston 8M Regan Jones 8G Brendan Rheinberger 8P Mason Spencer 8G Keenan Taufale 8P Sam Whatley 8R **Coached by Mrs. Broadway**

Open girls volleyball - Jodie Austin 12B Petra Coutlis 12M Ema Filianga 12G Crystal Gore 11B Jessica Lang 11R Katherine Levitt 11B Tanya Neumann 12R Kalotia Sekona 11B Whitney Thomas 11B Alana Williamson 11R **Coached by Ms Vote**

Year 9 girls touch - Brianna Bonney 9G Sarah Crosse 9G Samantha Hilster 9G Lauren Jones 9R Sophie Smith 9R Robina Thompson 9M Stevie-Lee Thompson 9M Laura Trudgian 9G **Coached by Ms. Bauer**

Considering our relatively modest school population (compared to some of our larger opposition schools), this is a remarkable achievement and proves that when it comes to sport we continue to punch above our weight in the district.

Finally, a 'good on you' to all other students who participated in interschool sport during summer and we look forward to your continued involvement in our competitive sports program throughout the winter.

Winter sport/activities

Students are currently in the process of selecting winter sport and activities, so it is appropriate to remind parents and caregivers of several significant school policies with respect to the Wednesday afternoon sport sessions.

1. The Wednesday afternoon winter sport and activities program is a compulsory part of the school curriculum and student attendance is monitored.
2. Students involved in sports and activities outside the school will be transported to venues by buses organised by the school. Under no circumstances will teachers allow students be left behind at outside venues to make their own way home.
3. Students involved in home and away games will be permitted to make their way home upon conclusion of home games (approximately 2.30pm) only upon the condition that written consent has been provided by parents or caregivers.

We seek your continued support of these policies to ensure the school can continue to provide a practicable and safe sports and activities program.

Interhouse Cross country

This year's interhouse cross country has been run and won.

Unlike previous years the run was held during class time and all grade 8 students were involved. Students from other year levels were required to nominate in order to compete. Congratulations to the following students in attaining age championships

Age Group	Boys Age Champion	Girls Age Champion
13 Years	James Clark	Claire Stewart
14 Years	Fabio Suter	Casey Marie Jenke Cain
15 Years	David Forrester	Jess Hamer
16 Years	Ben Boland	Jess Poulton
Open	Rowan Sonnekus	Tamika Waddell

All these students will receive their age champion trophies at the *Sports Awards* afternoon.

Competition between the houses was also close! Jagara scored a commendable 214 pts, Turrbal were magnificent with 232 pts, but the spoils belonged to Yugambah on 240 pts.

Thank you to Mr. Crase for his organisation of yet another successful sporting event at Rochedale High.

SCIENCE NEWS

Water is essential for life. The health of our waterways has a direct impact on all life. You can follow the four steps below to help keep our waterways healthy.

STOP litter from entering the waterways to reduce unsightly mess and prevent injury to wildlife

STOP dirt and soil entering waterways to protect sea grass beds, essential food for dugongs and baby fish

STOP fertilizers from entering waterways to reduce algae blooms

STOP chemicals from entering waterways to protect fish, prawns and crabs that you eat.

If you are interested in becoming a Healthy Waterways Crew or would like more information on helping our waterways you can write to

Healthy Waterways
GPO Box 1434
Brisbane Q 4000

Or contact the science department for a brochure.

Year 8 Rotations term two

Year eight science will complete two units of science and one unit of agriculture this term. Rotation will occur at the beginning of week five and week eight. The students will be involved in the units mixing and separating, matter, and the digestive system of humans and other animals.

Important Dates

28th May 12 Chemistry excursion to Sirromet Winery
6th May Ag show team Marburg
13th May Ag show team Walkah Jersey Stud
19th May 11/12 Physics Bee Link QUT
26th May 11 Biology Bulimba Creek Study
15th June Ag show team Casino

Anna Albert
Acting HOD Science

ENGLISH DEPARTMENT NEWS

During Term 2, students will be fortunate to have the opportunity to view visiting performances as part of their English and Drama Studies. Letters and invoices will be sent home 2 weeks before the performances.

Year 8 English classes, as part of their Making Stories unit, will listen to Moses Aaron perform as a storyteller. He will be here on 9th June. The cost per student will be \$4.00.

Year 9 English and **Year 10 Drama** will see a performance of "In Zoom" at 9.00 a.m. on 18 May. Actors will use mime and physical comedy to entertain their audience. The cost will be \$6.00 per student.

Year 10 English and **Year 9 Drama** will view "The Stones" at 9.00 a.m. on 1 June. This play explores the consequences of teenage impulsiveness. The cost will be \$6.00 per student.

ART NEWS

HIP HOP CLASSES – CD'z Crew are coming!!

CD'z Crew are beginning classes on Monday after school. Hip Hop dance is very popular with students and a style of dance that students can enjoy without prior dance experience.

Students are able to access classes after school at the Performing Arts Complex on Monday afternoons from 3.15 – 4.15 pm. Cost will be \$5 per lesson.

A free lesson has been offered at lunch time so students can get an idea of what this style of dance is like and hopefully students will take advantage of this opportunity at our school.

YEAR 8 REAP

Loads of Year 8 students have been turning up at lunch times to rehearse for their musical this year. Rochedale Extended Abilities Program gives students the opportunity to extend their experiences in the arts and is only offered to year 8 students. Students have begun learning a dance routine and have auditioned for various lead roles and singing parts. The musical, based around the musical "Chicago" explores the musical theatre acting style and dance. We know that students will continue to enjoy this process and look forward to presenting this to the school community next term.

CHINA TRIP

Over the Easter holidays Ms Lehmann, Melissa and I joined students from Loganlea and we all went on a China Trip together. We spent 13 days in various parts of China visiting historical sites and experiencing the culture. We visited Shanghai, Xian and Beijing exploring many interesting places including the terracotta warriors, the great wall and the silk markets. My favourite place was the great wall, but we especially enjoyed bargaining at the silk markets. It was a fantastic trip and we can't wait to go back.

Kaitlin Mc Gregor.

This trip was very beneficial for my understanding of Chinese culture and future studies of Chinese. I thought that the Terracotta Warrior, the Giant Pandas and Tian Men Square were very interesting. The best part of the trip for me was the Great Wall. It was all that I imagined it to be and more. This little taste of another culture has made me interested in travelling in the future. *Melissa Hartwell.*

PARENT FORUM NO. 2

IT'S ALL ABOUT YOU

WHO IS PAULA ARNOTT

4 years ago, being thrust from a successful career as a make

up artist, Paula took on the role of Psychologist, life coach and teacher for her first of three boys. Today a successful Personal trainer and lifestyle coach this vibrant mother of three, leading the charge in health and fitness, understand all too well the demands of being a mother, partner and developing a career.

ROCHEDALE HIGH SCHOOL SUPPORTING YOU

Rochedale High school is committed to developing and supporting all the parents in our school community. That is why we are hosting this vibrant and educational evening. All parents and friends are invited to attend and take part in what can be a life changing evening.

WHAT IS 'IT'S ALL ABOUT YOU'

During the evening Paula will introduce you to:

1. The importance of health and effects of your whole life.
2. Supporting the U in ME.
3. Make the most of the family time you have.
4. Having stable career, and enjoying it.

WHEN AND WHERE

WHEN: 31 MAY 2006
WHERE: Staff Common Room
Rochedale SHS
TIME: 7 – 8 pm
CONTACT: Carmel Boland or Corinne Neilsen
PHONE NO: 33400 400, 33400 425, 33400 431

RSVP by Monday 29 May is essential.

Please make other arrangements for your children as Child minding is not available.

*"You create your own reality.
If you believe you're worth it,
you can achieve almost anything
you want."*

Paula Arnott

GUIDANCE OFFICER

The Child and Family Psychology Clinic provides clinical services to families of children and adolescents who are experiencing behavioural and emotional problems, or to parents who are wanting to feel more confident and competent in their parenting role. Referrals are accepted for a range of common teenage issues, including rudeness and disrespect, depression, anxiety, truancy, aggression, friends and peer relationships, eating habits, alcohol, and smoking and drugs. The Clinic also offers Group programs using the internationally recognised Triple P – Positive Parenting Program. This is usually delivered as an 8-week program. Phone 3365 7290 for more details.

DENTAL VAN

The dental van will be leaving shortly. Staff have endeavoured to see all students who have returned forms. Unfortunately, several students have not presented themselves for scheduled appointments. A number of consents for treatment are also outstanding.

A number of students may be offered follow on appointments at Rochedale School Dental Clinic (Rochedale State School).

For information, please phone staff on 0418 199 264.
Thanks Colleen, Jan, Julie Marg & Ross.

UNIFORM NEWS

New trading hours for 2006 are as follows: Monday and Wednesday 8.00 – 11.00 am.

Second Hand Uniform Procedure

We have a register in which you leave your name, phone number, a list of items and prices you are asking. (You keep the items at home). People will contact you and make arrangements with you if they are interested as I do not have the space to hold second hand uniforms at school.

If you wish to **donate** uniforms, please do so at the office any time.

A Wright
Uniform Convenor

YR 10 COMPETITION

Year 10 competition provided by Queensland Government promoting careers week. Yr 10's interested in telling what living, learning and working in Queensland means and there are great prizes. These include: Ipod, Coles Myer vouchers to value of \$1000; a \$1000 Ted's Camera Store voucher.

Entries close April 30 – see me on www.careersweek.com.au
Parent Forum No 2 – come along in term 2.

ROCHEDALE HIGH SCHOOL SUPPORTING YOU

Rochedale High school is committed to developing and supporting all the parents in our school community. That is why we are hosting a vibrant and educational evening on 31 May at 7pm. All parents and friends are invited to attend and take part in what can be a life changing evening. Topic for the upcoming parent forum – "It's all about you".

WHAT IS "IT'S ALL ABOUT YOU"

During the evening Paula will introduce you to:

1. The importance of health and effects of your whole life
2. Supporting the U in ME.
3. Make the most of the family time you have
4. Having stable career, and enjoying it.

COMMUNITY NEWS

VOLUNTEERS NEEDED FOR SPRINGWOOD / ROCHEDALE MEALS ON WHEELS

Drivers, cooks, kitchen hands, delivery helpers – Springwood / Rochedale Meals on Wheels needs you!

Just a few hours a week/ a fortnight/ or a month is all it takes to assist this worthy organisation.

Once a month, I do a few hours driving and delivering meals in the Springwood, Rochedale South area and I encourage anyone who can spare a few hours to consider volunteering with Meals on Wheels.

If you are interested in assisting please call 3341 9861.

Barbara Stone
Barbara Stone MP
State Member for Springwood

FREE INFORMATION EVENING ON LEARNING DIFFICULTIES

If your child is struggling at school, has problems with reading, writing, homework, self-esteem or co-ordination, attend the free Public Talk at Calamvale Community College on Tuesday 16 May 2006 from 7.30 – 9.00 pm. Hear about a drug-free treatment for difficulties in learning and symptoms associated with Dyslexia, Dyspraxia, ADD/ADHD and Aspergers Syndrome.

Free admission, to book call The Dore Centre on 1300 55 77 11.

PROGRESSIVE MARTIAL ARTS ACADEMY INTERNATIONAL

KIDS MARTIAL ARTS CLASSES

Allows your child to:

LEARN SELF-DEFENCE

LEARN DISCIPLINE

BUILD SELF CONFIDENCE

DEVELOP AT THEIR OWN SPEED

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ALL LEVELS CATERED FOR – AGES 4 YRS AND UP

ROCHEDALE SOUTH

Ring Head Office (07) 3396 2183 for further information

www.progressivemartialarts.com.au

BASIC BABYSITTING COURSE FREE & FUN

For young people aged 13 – 19 years.

Learn about caring for children, finding a babysitting job, child health and safety, basic child development, toys, games and activities, stress management, dealing with emergencies, domestic and family violence, child abuse and personal safety.

This course will be held Tuesdays – 2nd May – 20th June from 4:00pm – 6:30pm at Mt Gravatt Com/Centre 1693 Logan Road, Mt. Gravatt. NO EXAMS!!! CERTIFICATE OF ATTENDANCE!

ON LINE TUTORING

Stuck? Need a hand with MATHS, SCIENCE, ENGLISH, or ASSIGNMENT RESEARCH?

Logan City Libraries offer FREE online tutoring! Available for Years 4 – 12 and adult learners. Expert tutors are online and waiting to help you Monday to Friday 4pm – 8pm.

To connect from home, just follow these simple steps to connect to a tutor:

1. Download the software at: yoututor.com.au/install
2. Go to: <http://catalogue.logan.qld.gov.au>
3. Click on the databases tab and enter your membership number
4. Scroll down and click on the Online Tutoring link (Live Homework Help) then follow the on-screen instructions.

Easy as that! See you online.

Questions? Email: help@yoututor.com.au

or call: 1300 853 599