



The Rochedale

# SENTINEL

Tuesday 4 March 2008

Number 2

## FROM THE PRINCIPAL'S DESK

This newsletter has been mailed out as it is my final newsletter before I leave to take up an Education Queensland Contract in Qatar for a period of five months. In my absence, Education Queensland has appointed Mr Brian Forbes to fill my position at Rochedale High.

This mailout also contains two important documents. The first being an invitation to attend the AGM of our P & C on Tuesday March 18 at 7.00 pm in the Administration Building. Our school is fortunate to have a well structured and managed P & C which provides both significant financial and strategic support for our school. I know they would value your input. Secondly, our Peace & Social Justice Committee is holding its annual Free Dress Day in support of a Women's Fistula Hospital in Addis Ababa which was founded by Australian Dr Catherine Handlon. Our school has developed a dress code for this day which is included in this mailout.

I have also been informed that 2007 year 12 student Bryce Walker has been awarded a Logan City Council scholarship to assist him with his university studies. Recent data provided by the Queensland Studies Authority indicates that 97% of our 2007 students who applied to go to university or TAFE received round one offers. This is an outstanding achievement and puts our school up there with the elite in Queensland and I must thank the staff for the outstanding work they do with our students.

This year our school is running under the theme of Commitment to Self. In 2008 we ask that each of our students make some sacrifice in their non-school activities and use that time to commit to themselves and working towards their futures. We all know that we value what we pay or make sacrifices for. It is hoped that this small action by our students will increase their awareness of themselves and the opportunities that exist to move them towards a successful future.

In closing, I must thank you for your support of our school to date and trust that this will continue in my absence.

**David McDonald**  
Principal

During the past fortnight I have had the opportunity to meet with staff of Rochedale State High School and visit students in classrooms.

My overwhelming impression is that the focus of the school is clearly on students and their learning. I have been most impressed by the commitment of staff and the engagement of students in their studies.

It is apparent that the bar is high in terms of academic, cultural and sporting achievement but also very importantly in developing individual student commitment to self and learning.

Students at Rochedale have the ideal environment in which to flourish and as such it is up to each individual to embrace the opportunities presented here.

I am honoured to be part of this learning community and look forward to sharing in the experiences of the school as the year unfolds.

**Brian Forbes**  
A/Principal

## MATHS NEWS

**TUTORIALS:** Before School MONDAY AND TUESDAY with Mrs Bakharia in ADC. At lunchtime MONDAY and FRIDAY with Mrs Sharma in BMA4.

**CALCULATORS:** For sale by the Maths Dept. Money to be paid at the Payments window then receipt taken to Mrs Jensen in the Maths Block for collection of calculator.

GRAPHICS - \$150      SCIENTIFIC -  
\$20

**MATHS WORD GAME:** Re-arrange the first line to get the second.

A DECIMAL POINT  
IM A \_\_\_\_\_ IN PLACE  
ELEVEN PLUS TWO  
TWELVE PLUS \_\_\_\_\_

**Dianne Jensen**  
HOD Mathematics - Ph 33400 455

### 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)*

## SENIOR LEADERS CEREMONY



Friday 29 February marked a significant date on the Rochedale SHS calendar – the annual Senior Leadership Induction Ceremony. This event provided students with the opportunity to not only showcase their talents and abilities but also to publicly recognise those Senior students who have taken on the role and responsibilities of leaders in the school community.

Hosted by Yr 12 students Sarah Kidston and David Levitt, the event also featured the talents of the school's Concert Band and a Yr 12 Dance Group who entertained the assembly.

Badges were presented to all Senior Students and special presentations were made to Senior Student Leaders and TIP Leaders.

The Student Council Executive of President Kate Bindley, Vice President Jarrod Horsfall, Secretary Sian Callaghan and Treasurer Renee Beddall received their badges as did the Student Management Team of Rachel Gulliver, Anna Hall, Jessica Hamer, Sarah Kidston, David Levitt, Amy Pilling and Lacey Waller.

Sports Leaders – Jessica Hodkinson and James Rheinberger (Jagara), Maddi Ludwigsen and Sam Power (Turrbal), Jessica Poulton and David Forrester (Yugumbah) – were also recognised as were the school's Cultural Leaders – Luke Dalton, Emily Gudgeon, Jessica Hodkinson and Amy Klanke.

At the conclusion of the ceremony Parents and Caregivers were invited to join Staff and Senior Leaders for morning tea provided by Year 11 catering students on the new completed concrete apron around the Hall.



## FROM SENIOR SCHOOLING

### Parents' responsibilities through school-based apprenticeships and traineeships (SATs)

Family support is vital to ensure young people succeed at balancing the school, work and training involved in a school-based apprenticeship or traineeship (SAT).

SATs allow students to work for an employer and train towards a recognised qualification, while they are still at school. They are a great way for young people to explore their career options and develop skills and confidence in their areas of interest.

Parents have an important role to play in enabling young people to successfully make the transition from students to employee.

Legislation requires that school-based apprentices and trainees aged under 18, and who are under the care and control of a parent or legal guardian at the date of signing their training contract, must include a parent or guardian's details and signature on the contract.

In cases where the parent or guardian is a party to the training contract, the parent/guardian must ensure that the school-based apprentice or trainee upholds all of the responsibilities attached to the contract.

### **How parents can help**

- Talk with your child about their career goals and the apprenticeship or traineeship which will best support these goals.
- Seek support through their school to discuss how a SAT may assist with QCE points, gain TAFE credits and underpin tertiary study.
- Develop strategies to balance the additional workload of school, work and training.
- Consider and discuss transportation – how will your child get to his or her workplace?
- Discuss the responsibilities involved in being a paid member of the workforce.
- Talk to your child about their day at work and discuss how school subjects relate to their job.
- Encourage your child to talk about issues they may be facing during their SAT and devise possible solutions.

For more information, contact Mrs Moore (HOD Senior Schooling) on 33400 400; visit [www.apprenticeshipsinfo.qld.gov.au](http://www.apprenticeshipsinfo.qld.gov.au) or phone the Apprenticeships Info hotline on 1800 210 210.

## THE ARTS NEWS

### SUCCESS AT CREATIVE GENERATIONS

Education Queensland showcases excellence in the Arts through the state wide Creative Generations production at the Queensland Performing Arts Centre. Schools across Queensland are invited to send in audition tapes of student performers who have exhibited talents in a chosen field. This is the first year that we as a school have entered students to be considered for selection in this prestigious event. At the end of 2007 we entered eight students into the singing category. With great excitement, we have recently been told that the standard from Rochedale was so impressive that 4 of our students have been called back. They are Emily Gudgeon, Luke Dalton, Renae Grinlaubs and Brooke Karabache. A special mention was given to Ally Gunning in Year 10. However, the excitement has grown even more. Late last week we received news from Education Queensland that 2 of our students have automatically been

selected to perform in the "excellence" section as they are the best in the State. Congratulations are extended to Luke Dalton and Emily Gudgeon who will represent our school in Creative Generations as the BEST OF THE BEST. None of this would have been possible without the wonderful work of Mr Greg Stroud, his son Bryce (who edited the audition tapes) and Ms Taschke. A special thank you to the great team effort of the Arts staff who prepared the students so well. But most importantly, thank you to our students who have made us all proud.

In addition to the singers, we have also nominated a group of Dance students to perform as well. We are still awaiting news from the adjudicators. We wish the Dancers every success with their audition DVD. A special thanks to Mr Jordan Evans who has spent many hours rehearsing the students to achieve excellence in performance. We will keep the community posted as to the success of our students in this event.

**M. Semit and C. Pagliano**

### FROM THE SUPPORT SERVICES TEAM

#### LEARNING TO JUGGLE

The start of the school year is an extra busy time for parents, teachers and students. It is sometimes difficult for parents to keep all the plates spinning so to speak especially if you have a number of children and some of them are adolescents. Setting rules, timetables and discussing expectations can be a way for everyone in the house to agree and understand what is expected. The following information is to assist you in the art of juggling.

Andrew Fuller, in his book *Raising Real People* identifies 12 things parents can do to promote resilience in their young people.

1. Try to promote a sense of family life in which people feel that they belong to the family and that their thoughts, tastes and opinions are listened to (if not always agreed with).
2. Have positive expectations for your children.
3. Provide them with opportunities for meaningful participation by giving them age-appropriate responsibilities
4. Select a school that you believe they can fit into, and where they can gain a sense of competence.
5. Protect children from feeling that they have to grow up too quickly, by maintaining family rules.
6. Try to keep their friendship groups as diverse as possible to ensure that they have at least one group of friends outside school.
7. Encourage them to belong to at least one club, sporting group or one interest group.
8. If they have a fairly small group of friends, gently provide them with opportunities to mix with the most positive of these friends.
9. If possible, link them up with a caring and trustworthy adult from outside the family.
10. Maintain family celebrations, anniversaries, annual birthday parties and rituals.
11. Try to encourage a sense of a curiosity and spontaneity about life.
12. Most importantly, nourish your own resilience and well-being so that you can show them how to live life.

(Raising Real People: Andrew Fuller 2000)

If you would like more information or need to discuss any of this please make contact at school.

#### STUDENT SUPPORT SERVICES TEAM (SSST)

Student Services seeks to provide an integrated service committed to supporting the students emotionally, physically and spiritually.

The SSST is available to provide a comprehensive support and development service for students, families, staff and the

community. The SSST comprises Guidance Counsellor – Ms Corinne Neilsen, Youth Health Nurse – Ms Colleen Hunter, Chaplain – Mr Adam Gallagher, School Development Officer/International Students – Ms Carmel Boland, Behaviour Support Teacher – Mr Matt Smith, Youth Worker – Mr Rishi Jagunundan (Relationships Australia) and Career Keys Youth Advisor – Ms Alex Berezna.

SSST looks forward to the year ahead, and assisting your student.

**Corinne Neilsen**  
**Guidance Counsellor**

### GUIDANCE NEWS

#### FAMILY RELATIONSHIP ADVICE LINE

The Australian Government has established the Family Relationship Advice Line and Family Relationships Online to assist people affected by family relationship or separation issues.

The new Family Relationship Advice Line provides free information, advice and referral:

- **Information** – to help maintain healthy relationships or deal with family separation issues including information about the family law system and changes to the law.
- **Advice** – to help develop and manage parenting arrangements after family separation including advice on resolving disputes without going to court.
- **Referrals** – to local, state and national services that can provide specialist help with relationship and family separation issues.

Call the Family Relationship Advice Line on 1800 050 321 between 8 am and 8 pm Monday to Friday or 10 am and 4 pm on Saturdays (except on national public holidays)

**Family Relationships Online** provides access to a wide range of information about family relationships and family separation. The site also contains information about services available to assist families with relationship or separation issues.

**Visit Family Relationships Online at**  
[www.familyrelationships.gov.au](http://www.familyrelationships.gov.au)

#### QUEENSLAND CERTIFICATE OF EDUCATION INFORMATION SEMINAR – FOR PARENTS

If you are:-

- Parents of students in Year 10
- Parents of students in the senior phase of schooling, Years 11 and 12
- Employers of young people
- Teachers unable to attend daytime workshops
- Interested members of school or community groups.

This information evening will provide an overview of the implementation of the Queensland Certificate of Education (QCE). The presentation will help parents and community members to understand the principles underlying the QCE and the credit rules that govern eligibility for the QCE. A variety of scenarios will be discussed to demonstrate the relevance of the QCE and the broad range of possibilities for learning towards the QCE.

QCE01 Brisbane South 13 Mar 08 7–8 pm  
Woodridge State High School Hall, 323 Wembley Road,  
Woodridge.

**Enquiries:** Email [events@gsa.qld.edu.au](mailto:events@gsa.qld.edu.au) or ph (07) 3864 0471.

## **CRIME STOPPERS YOUTH CHALLENGE QUEENSLAND**

The Crime Stoppers Youth Challenge Queensland is an educational competition based program for students in Years 6 to 12 throughout all Queensland schools. This program has been designed in partnership with the Department of Education, Training and the Arts.

**The topic for 2008 is ARSON.** The purpose of the Challenge is for students to understand the role of Crime Stoppers, the context of crime and its impact within their community.

**Registrations are now OPEN.**

**What can your school WIN?** All participants receive a certificate of participation. Within each category, prizes will be awarded as follows:

**Our Partners.** The 2008 Crime Stoppers Youth Challenge Queensland is proudly partnered by the Queensland Fire and Rescue Service, the Queensland Police Service and the Department of Education, Training and the Arts.

**We encourage you to take up the Challenge in 2008!** For more information, or to register please visit our website or contact us at the Crime Stoppers Queensland State Office:

**Phone** 1300 309 355  
**Fax** 1300 309 277  
**Email** [challenge@crimestoppersyouth.com.au](mailto:challenge@crimestoppersyouth.com.au)

## **NATIONAL YOUTH WEEK**

National Youth Week is a week-long event which is a great opportunity for young people to participate in activities and to learn what is involved in conducting an event in a fun environment.

The Youth Management Team at Mount Gravatt Police Citizens Youth Club are seeking student volunteers to help us during Youth Week for the following events.

Skate Comp – 5 April  
Fascinate Young Writers Festival – 10 April  
Hip-Hop Competition/Open Day 11 April  
Sound Waves – 12 April

There are a number of roles that we require assistance with and it is a great opportunity for young people to gain experience in event management.

If a young person is able to help ask them to call the Mt Gravatt PCYC on 3420 4655 and ask for Sarah Joseph or the Branch Manager, Sgt. Jeff Nicks.

## **HEALTH MATTERS**

The school based immunisation program targets school students for immunisation based on recommendations by the National Health and Medical Research Council (NHMRC), and advice from the State and Federal Government. Vaccinations are provided free of charge.

**Missed school vaccinations –**  
Hepatitis B, Chickenpox, Boostrix and Gardasil Vaccinations

If your high school child missed their immunisation at school, you should receive a letter in the mail advising you of your options. You will be able to catch-up at any of the [Council immunisation clinics](#). However, you must visit a clinic to receive the vaccine by the date specified in the letter. Your child will only be eligible for the free vaccine in the year they were first offered it. If you have missed the date on the letter then your local GP may be able to help you.

**Vaccinations are provided for:**

- Year 8 students for Hepatitis B and Chicken Pox
- Year 10 students - Boostrix vaccine for Diphtheria, tetanus and pertussis (whooping cough)
- Year 8,9,10 girls - Gardasil vaccine for Human Papilloma Virus (HPV) in 2008.

Make sure your child brings their high school consent form (signed by their parent or legal guardian) when they visit a Council clinic.

**Managing injection site discomfort**

Most immunisations have little side effects but the most common side effect is discomfort of the injection site.

Many vaccine injections may result in soreness, redness, itching, swelling or burning at the injection site for 1 to 2 days. Paracetamol might be required to ease the discomfort. Sometimes a small, hard lump may persist for some weeks or months. This should not be of concern and requires no treatment.

If there is any concerns or queries please contact Brisbane City Council <http://www.brisbane.qld.gov.au/>

Cheers  
**Colleen Hunter**  
**School Health Nurse**