The Rochedale

SENTINEL

Tuesday 4 September 2007 Number 10

FROM THE PRINCIPAL'S DESK

Year 10-11 Transition Interviews:

Parents/Caregivers are reminded that all students intending to move into Year 11 at Rochedale High are required to undergo a Transition Interview with a parent/caregiver and a senior member of staff. The purpose of these interviews is to:

- Check alignment between a Student's Education and Training Plan and their identified course of study;
- Ensure that students have met all necessary pre-requisites for selected senior subjects;
- Reinforce expectations of students and caregivers over the senior years through the Senior Education Commitment

Interviews will take place from 3.30 pm on Tuesday 11 and Wednesday 12 September. Interviews are by appointment only with all necessary documentation provided to students on Monday of this week.

Year 11/12 Interruption Free Period:

The period Monday 10 September to Thursday 13 September is designated interruption free for Year 11/12 students. During this time students attend all scheduled classes.

Year 12 Exam Block:

The Year 12 Exam Block is scheduled for Friday 14 September to Thursday 20 September. During this time Year 12 students are only required to attend scheduled exam sessions. Exam timetables will be issued in the next day or so.

Year 11 Assessment Period:

The Year 11 assessment period is scheduled for Friday 14 September to Friday 21 September inclusive. During this time Year 11 students are required to attend all timetabled classes. Assessment tasks will be undertaken during normal lesson time.

School Renewal Put to Bed: On Thursday 16 August, our school brought official closure to the Rochedale High School Renewal Project that commenced in August 2002. This five year project has seen every aspect of the school and its operations put under the microscope, debated, enhanced, restructured and rectified. Areas investigated or further developed have included: School Vision and Values, Agreed Teaching Practices, Uniform, Student, Staff and Community expectations, Responsible Behaviour Processes, Curriculum and future pathways across Year 8-10, Higher Order Thinking Processes and Strategies, Students with Additional Needs, Acceptable standards across all manner of activities, Development Programs and School structures as related to student achievement to name but a few.

The Renewal Program is of course at the heart of what has made Rochedale High the high school of choice for the local community and for many outside our catchment. Enrolments have grown from a low of 626 in January 2004 to 729 in 2007 and are expected to level at about 780 in 2009 with almost 50% of enrolments from outside our defined catchment. Students now function in a safe, supportive and disciplined environment, have a wide range of study choices commencing in Year 8 and into the senior years, students, staff and community are proud of their school as am I proud to be their Principal.

The Renewal may have come to a closure but school development has not and we will not become static, as we move from the solid foundation our Renewal Project has given us to discover the Next Steps in our ongoing development.

David McDonald
Principal

EKKA 2007

The Brisbane Royal Show 2007 was judged by Rodney Summers, owner of Marananga Stud in Tasmania. Rodney is a widely respected international accredited judge, having recently returned from judging in the UK.

Receive Sentinel by email

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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**)

The Rochedale State High School was named the most successful exhibitor for 2007.

Major awards for 2007:

Champion Suffolk Ram
Reserve Champion Suffolk Ram
Champion Suffolk Ewe
Reserve Champion Suffolk Ewe
Champion Suffolk Breeders Group

Champion Poll Dorset Ram
Reserve Champion Poll Dorset Ram
Champion Poll Dorset Ewe
Reserve Champion Poll Dorset Ewe
Champion Poll Dorset Breeders Group

This year schools competing included Beenleigh SHS, Warwick SHS, Dakabin SHS, Corinda SHS, Cleveland SHS & Woodenbong SHS.

Once each breed of stud sheep are judged, the Champions of each breed are judged against each other to determine the Supreme Champion in each class.

Breeds exhibited this year were Suffolk, Poll Dorset, Texcel & Dorper.

Rochedale State High School won the three top awards:

Supreme Interbreed Champion Ram for their Suffolk Ram
Supreme Interbreed Champion Ewe for their Suffolk Ewe
Supreme Interbreed Group for their Suffolk Breeders Group

In the Young Judges Competition there were over 100 competitors.

Allycia Bennett placed 2nd in the senior category and Ianuk Athien received a highly commended for her efforts in the junior section.

Students competing:

Tegan Sloane	Robert Klanke-Mitchell
Tegan Moyse	Leina Reid
Luke Fullagar	Caitlin Delaney
Sam O'Sullivan	Allycia Bennett
Tracey Bennett	Kate Oweczkin
Courtney Bean	Corey Goodwin
Thomas Buckley	Naphtali Allnatt
Rhiannon Manganaro	Ianuk Athien
Ethan Wright	Brendan Bernard

Marg Ellis
Agriculture Co-ordinator

THE ARTS NEWS

DANCE EISTEDDFOD

The dance department will be holding a Dance Eisteddfod on Friday, 14th September.

The Year 9 students are currently studying a unit called "Dance on Stage" where they learn specific dance genres such as Hip Hop and Musical Theatre. Each student in the class will perform these pieces during the week of the Dance Eisteddfod.

The Year 10 students are nearing the completion of their junior course and selected students will be performing their own dances as well as performance pieces.

The aim of the Eisteddfod is not to create an atmosphere of competition but to develop students' performance skills and confidence in front of an audience. Some students will be selected to perform their dances at the Cultural Awards later on in the term.

WHERE: Performing Arts Complex
WHEN: 7.00 pm

CULTURAL AWARDS

Once again the year has flown by and the Arts department is getting ready to hold their annual Cultural Awards night. The Cultural Leaders for 2007 are responsible for the smooth running of the evening and selected performance highlights from throughout the year will be also shown.

Students who have been involved in numerous arts activities throughout the year or have achieved excellence in one particular arts field will have the opportunity to nominate themselves for an award.

We have several new categories this year with medals being awarded for Instrumental Music, Musical and Dance Eisteddfod.

WHERE: Performing Arts Complex
WHEN: Tuesday, 23rd October
TIME: 7.00 pm

All community members are welcome to attend and invitations will be given out soon.

NEWS FROM SPORT

Year 8 & 9 - 7's Rugby League Gala Day

Last Thursday 30th of August Rochedale entered two teams, a year 8 and year 9 into the 7's Rugby League Gala Day held at the Carina Leagues Club. Both teams performed well with the year 9 team finishing equal fourth and the year 8 team reaching the final against a very strong Clairvaux MacKillop. The final finished with both teams on four points however the first team to score decides the final winner which unfortunately was Clairvaux. The year 8 boys were outstanding in their play and entertaining to watch. Rochedale students also had the opportunity to meet and have a photo with an Australian rugby league representative and former Brisbane Bronco Michael Devere who was an inspiration and fantastic role model.

Congratulations to both teams.

Year 9 – Kenneth Roeser, Aaron McBride, Luke Wilson, Kurt Eagle, Harley Batchelor, Jason Neil, Aaron Claridge, Josh Gilliland, Liam Lebherz, Matt Green, Andrew Moussa.

Year 8 – Shane Swift, Michael Woulf, Matt Gould, David Gould, Hohaia Thompson, Jared Tomic, Corey Salisbury, Joshua D'Allura, Corey Harrison, Tadashi Wigley, Kris Auld and Mr Eggert.

Teacher vs. Student Netball Game

On the last week of Semester one, student's at Rochedale High were not up to the challenge of taking on the teachers in Basketball as they went down 25 – 10. Netball was the next challenge for the students and they were certainly out for revenge. The female teachers turned up in numbers to play however the male teacher's numbers were rather slim. The game was played in good spirit and skill while entertaining many student spectators. The teachers again showed the students their dominance winning the game 9 – 5. We all look forward to the next games in the series!

HEALTH MATTERS

With life's fast pace and exam time just around the corner, we all need to look after ourselves and take some time to destress. It is the recipe to a healthy mind.

Ways to beat Stress

1. Drink plenty of water
2. Try not to be perfect – its impossible
3. Focus on what you are good at – there are plenty of things
4. Look for humour when things are going bad
5. When you feel tired, have a nap – your mind will be much clearer
6. When you feel down have a warm bath with bubbles and essential oils, such as orange and lavender
7. Try relaxation techniques such as meditation, deep breathing and listening to music
8. Light a candle, burn some incense, lay down and close your eyes
9. Exercise is a great way to relieve stress – even going for a walk or quick jog helps
10. Have a bludge, watch mindless soap operas on TV
11. Try not to feel guilty
12. Don't be hard on yourself – not everything is your fault
13. Try to sleep 7 - 8 hours a night
14. Try to eat healthy food

Take the challenge as a family to do one or two of these things every week.

Cheers and happy de-stressing
Colleen Hunter
School Health Nurse

UNIFORM SHOP

The Uniform Shop will be in need of volunteers to help with the back to school rush. Contact the school if you are able to assist. We will need help on:

Monday 3 December	8.00 am – 1.00 pm
Wednesday 5 December	8.00 am – 1.00 pm
Friday 7 December	8.00 am – 1.00 pm Orientation Day
Saturday 19 January	9.00 am – 1.00 pm
Monday 21 January to Friday 25 January	8.00 am – 1.00 pm

Your help with fitting the new students would be greatly appreciated. Thank you, Marlene Protheroe.

SECOND-HAND UNIFORMS
Your P & C Association would like to start selling good quality second-hand uniforms, as we realise that many parents would appreciate this service.
To do this, we will need donations, so if your child has grown out of their uniform or they are leaving the school, we would appreciate very much your donation.
Alternatively, we will, of course, still be keeping on with the second-hand book for those parents who will still wish to sell their uniforms.
All of the money raised in the Uniform Shop and the Canteen goes towards benefiting the pupils of this school.

Marlene Protheroe
Uniform Convenor

COMMUNITY NEWS

STUDENTS AND STAFF OF THE CLASS OF 1997

10 years have flown by and the class of 1997 are having their 10 year reunion! We would like to invite both students and staff of the class of 1997 to attend our reunion at the end of October.

For further information, please contact Catherine at cisaacs@bigpond.net.au

We look forward to seeing you all and catching up on the past 10 years!