



## The Rochedale

# SENTINEL

Tuesday 7 August 2007

Number 8

### FROM THE PRINCIPAL'S DESK

#### Queensland Certificate of Education (QCE)

Our current Year 11 students are the first students to be eligible to achieve The Queensland Certificate of Education in 2008. In order to support students to achieve the required amount and standard of learning to receive the QCE, each year 11 student will receive a letter in the near future identifying the current position in relation to the QCE. Students who are not on track at this time to receive the QCE have been interviewed by senior staff and been asked to develop an Action Plan to assist in rectifying their situation.

If parents/caregivers have any questions regarding their student and eligibility for the QCE, they should contact our Guidance Officer Corinne Neilsen or Head of Department Senior Schooling Chris Moore at the school.

#### Year 10 to Year 11 Subject Information Evening:

This evening is scheduled for 7pm Tuesday 21 August. All intending year 11 students in 2008 (current year 10's) are expected to attend with a parent/caregiver. At this evening, detailed information will be provided regarding new policies and procedures regarding selection of subjects for year 11. New information will include:

- Required standards of learning as pre-requisites for future studies
- Queensland Certificate of Education Queensland
- Vocational Education Opportunities

I look forward to your attendance on this evening.

From time to time in my professional reading, I come across articles that I believe are worthwhile sharing with our school community. Below is one such article on procrastination. My hope is that it might provide some food for thought in prioritising and completing the many tasks that compete for our attention.

#### **BEATING PROCRASTINATION**

**Your parents may have said, "You need a bomb under you" when you keep putting off doing your homework and making a realistic study plan for the rest of the year.**

**Perhaps what you need is TNT – Today! Not Tomorrow! Make TNT your mantra as you plan for success.**

Procrastination is a kind of inertia. Physics recognises two kinds of inertia: standing objects tend to remain stationary and moving objects tend to stay in motion. Just getting started – today not tomorrow – gives you an excellent chance of keeping going. Once you begin, the task is already on its way to success.

Putting things off always just about always makes life more difficult. How can you get into the habit of TNT?

**Here are some ideas.**

1. **Write down what you are putting off.** Often this is enough to get you going. Seeing a task written down on paper just about always makes it seem more do-able.

2. **Look at your list of tasks and do one of them right now.** Put the energy you've been putting into procrastination into doing the task. It's amazing how easily the things we have been putting off can usually be done. Feeling satisfied about completing a job is a much better feeling than being anxious because you keep putting it off.
3. **Set a fixed time every day to look at your list,** complete at least one of the tasks and make any changes to the list.
4. **Just get started.** Don't worry about doing a perfect job. Once you have made your first attempt you can go back over it and make improvements. Too often we aim too high and feel defeated before we even start. Most tasks are simpler than we think.
5. **Break big tasks into smaller parts** that you can tackle piece by piece. Getting part of a task completed gives you the motivation to carry on.
6. **If a task seems impossible, talk to your teacher and ask for help.** It may be simpler than you think. Your teacher will be able to give you strategies to get started. This rule here is TNT!
7. **Use the visualising trick of successful sportspeople** and picture how you'll feel once the task is done. Once you have done the work you have to do, you are free to enjoy your leisure time. Knowing the job is done clears your mind of anxiety, pressure and self-doubt. Confidence, energy and success all result from TNT – Today! Not Tomorrow!

David McDonald  
(Principal)

### SCIENCE DEPARTMENT UPDATE...

- Remember...National Science Week (18 – 26 August) is celebrating the wonders of **Antarctica**...stay tuned for events and competitions soon to unfold!!!!
- All students are invited to win some great prizes by voting for their favourite scientist. The Australian public choose the best finalist in the acclaimed **Eureka Science Awards** and you can vote online from 27 July to 19 August.  
[www.australianmuseum.net.au/eureka/vote/](http://www.australianmuseum.net.au/eureka/vote/)
- Year 9 students are invited to apply for a position to attend the annual **Siemens Science Experience** to be held in January 2008. This event is held over three days at various

universities and is very popular. Positions are limited and early registration is recommended to secure your place. Contact Mr. Sparks for more details or register online...www.scienceexperience.com.au

### FROM THE GUIDANCE OFFICE

#### *Remembering My Dad*

A special day for children to talk about and remember their Dads.

We are inviting children aged 8 – 12 years to join our special group

**\*\*If your child is interested in attending but is younger/older than 8-12, please contact us to express your interest\*\***

**Date:** Saturday 25 August 2007-08-06

**Time:** 10.00 am – 12.00 pm

**Where:** Children and Young People's Bereavement Centre  
Lynch House  
Mt Olivet Hospital  
411 Main Street  
KANGAROO POINT QLD 4169

This is a FREE group – donations are welcome

A fund time, to celebrate and remember my dad

- A safe environment, where I can feel comfortable to share
- Memory making activities
- Meet new friends

**RSVP – 3891 9763**

**\*\*Numbers are limited so call now to reserve a place\*\***

**Aviation Australia** is pleased to announce that the Career One Aviation Careers Expo is going to be held on 18 August 2007. The expo is one of the biggest events in the aviation calendar and is supported by various institutions and industry experts

### FROM SENIOR SCHOOLING

#### **Queensland Core Skills (QCS) Test**

Year 12 students will sit for the QCS Test on **Tuesday September 4 and Wednesday September 5** – only 4 weeks away! In preparation for this state wide test, our Year 12 students have been involved in an intensive program in association with Mighty Minds Educational Systems. The students have another rotation day on Tuesday 14 August and final preparation sessions in the coming weeks.

The Year 10 BIT classes are providing **QCS packs of equipment** for students to purchase at the **cost of \$12**. This is a great opportunity for our Year 12s to have all the required equipment at a great price!

Breakfast will be provided for the students on both days of the test and final information regarding the conduct of the test will be issued to the students in the next few weeks.

#### **Year 11 Senior Education and Training (SET) Plan Reviews**

As part of the school's Senior Education and Training Plan (SET) review process, **ALL Year 11 students** have been given the opportunity to review their plans in the light of Semester 1 results. Students were able to complete an update of their results and complete action plans to ensure that they are 'on track' to receive a QCE. In the next week, all students in Year 11 will receive a letter indicating whether they are 'on track' or 'not on track' to receive a QCE at the end of 2008. This process will be repeated again at the end of 2007.

#### **Year 10 Futures Unit & SET Plans**

Our Year 10 Students are currently undertaking a '**Future Options' Unit** as part of their studies in SOSE for this term. This unit, guides students through the process of planning for, completing their Senior Education & Training (SET) Plans and making informed choices regarding subject selections for 2008. The unit is designed to allow students to explore different pathways that are open to them via university, TAFE, work, apprenticeships or traineeships.

Students have access to information from outside providers and community organizations via our 'Jobs Forums' held on Wednesday mornings. The unit culminates in students choosing their subjects for Year 11 & 12, completing their SET Plans and being involved in Transition Interviews for Year 11. More information regarding these arrangements will be forthcoming in the weeks ahead.

#### **School Based Traineeships & Apprenticeships (SATs)**

Each week, we receive lists of vacancies for school based traineeships and apprenticeships. Students are notified of these via daily notices and are encouraged to come and check the notice board outside my office. Interested students can also obtain a SATs package - providing information and application forms.

At this time of year, we also receive notification of some vacancies in full time apprenticeships and traineeships. Year 12 students are strongly encouraged to check the notice board for these positions. All of these positions do require students to have a current resume.

Should you require any further information regarding these events or matters, please contact the school.

**Mrs Moore**  
**HOD Senior Schooling**

### SALVATION ARMY WINTER CLOTHING APPEAL

Our school has been chosen to participate in The Salvation Army Winter Clothing Appeal. Currently Salvos Stores have a shortage of warm clothing in our area to give to those less fortunate. With the cooler months already upon us we have decided to ensure those in our local community do not go without warmth this winter. The appeal is designed to get donations from the public in the form of warm clothing such as jumpers, sweaters, cardigans, scarfs, blankets, thermal wear etc.

#### What can you do to help?

Over the next week we ask that you have a look through your cupboards and wardrobes and if there is anything that would be suitable to give please put it in the plastic bag provided. The Salvation Army will be visiting our school on Tuesday 14 August, so all donations need to be dropped off at the Office by end of day Monday 13 August.

Thank you for helping to share the warmth this winter.

**Mrs Moore**  
**HOD Senior Schooling**

### STUDENT EXCHANGE AUSTRALIA

#### **BRING HOME A BROTHER OR A SISTER**

In January 2008, students, aged 15 – 18 years, from over 15 countries will be arriving in Australia to study at local schools for 5 or 10 months. Opportunities exist to act as a host family in a volunteer/unpaid capacity. Hosting can be on a temporary, short or long term basis.

Host families help provide our students with the chance to study and experience life in Australia. This is a great way to learn about another country and culture, establish a lifelong link to a family in another country and contribute to international goodwill. If your family can offer a friendly, supportive and caring home environment, contact us today.

To learn more about this opportunity call Student Exchange Australia on 1300 135 331 or visit our website: [www.studentexchange.org.au](http://www.studentexchange.org.au)

## 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

## SPORTS REPORT

### SECONDARY AEROBICS

Special congratulations go to Mikayla Moore who won gold and bronze medals.

### WINTER SPORT 2007

Another season of sport has come and gone with Rochedale sporting teams all giving their best week in week out. Over the season made up of eight weeks four Rochedale teams made it to the district finals – Boys Year 10 Rugby League, Girls Open, Year 10 and Year 9 Volleyball. The girl's volleyball teams all play this week at Rochedale and we wish them all the best with the home court advantage.

The year 10 Rugby League boy's team started the season off slowly but finished extremely well. After the completed rounds the boys finished with 4 wins and 1 loss only to Mansfield. The semi-final match up was Rochedale and a strong Clairvaux team out to get revenge. After half-time the boys were down 8-0 and looked like being beaten. The second half though was a complete turn around as they were able to muscle their way back to lock up the scores at 8-8. Unfortunately we were not able to score again before a field goal was kicked just before the whistle blew for the full time score 9-8 to Clairvaux.

Rochedale seemed to have completed the season in 3rd

place however Clairvaux relinquished their position which gave Rochedale the right to go into the district final against last years runner ups – Mansfield. Last year Rochedale took out the title 20 -10 and was looking for another upset victory. The boys started flat and lacked enthusiasm early even after a stirring speech from Mr Peisker but it didn't take too long for them to start firing. The scoring was regular from both teams and saw the half-time score in Mansfield's favour 14-10. Another close half was being played out and Rochedale sensed a chance of a win when they scored a well set up try to Shay Lincoln off a great kick from Nick Dyson to go to a lead of 20-18. With less than five minutes remaining the pressure was on and a couple of unwise decisions gave Mansfield enough



possession in our half to score two more tries to eventually win the game 28-20. A fantastic effort from all players over the season and particularly regular standout performances from Nick Dyson, Harley Cranston, Luke Halliday, Shay Lincoln and Nathan Phipps.

## COMMUNITY NOTICE

### POSITION VACANT

The Brisbane South district office of the Queensland Studies Authority has a vacancy for an administrative officer. This is a permanent, casual position. The district office is located at Kingston College, Bega Road, Kingston. The position involves 16 hours per week during school term time, except during peak times in February and October when additional hours will be required. Forward a brief resume in addition to addressing the selection criteria. For further information please contact Lynda Patten, District Coordinator (telephone 3808 9133 or email [Lynda.paten@qsa.qld.edu.au](mailto:Lynda.paten@qsa.qld.edu.au))

Please forward applications to:

Lynda Patten  
District Coordinator  
QSA District Office  
P O Box 2138  
Logan City DC 4114