The Rochedale SENTINEL

Tuesday 10 February 2009 Number 1

FROM THE PRINCIPAL'S DESK

Rochedale High has had an excellent start to 2009 with record numbers of enrolments, staff and resources.

Enrolments: **Total 846**

Year 8	208	Year 11	145
Year 9	180	Year 12	136
Year 10	177		

This represents a 30% increase in overall school enrolments in just four years and is our largest school population in over a decade.

International Students:

This year we have 34 International students studying at Rochedale. Students from China, Japan, Korea, Germany, Brazil, Fiji, Indonesia, Taiwan, Hong Kong and Italy will join our student body. We look forward to their positive contribution and hope that their experiences with us will be memorable.

Staffing 2009:

With the growth of our school population we welcome the following new staff to the school:

Ms Mary Jane HENDERSON (HOSES Special Needs)
Mr John BAXTER (Physical Education)
Mr Chris BELL (Social Science)
Ms Miranda BROOME (Art)
Ms Jenali CHUPUNGCO (English/Social Science)
Mr Anthony LANCASTER (Manual Arts)
Ms Wendy MACKAY (English)
Ms Tracey MANN (ADC/Science)
Ms Christine REILLY (Maths/Science)
Ms Alesha TOOMA (English/HPE)
Ms Adina WYBORN (Science/Maths)
Ms Laura Elvery (Drama/English) – returning from a year overseas

Senior Students 2008:

The school is very proud of the destination information from our 2008 Cohort. 10% of the eligible students received OP1-5,
55% were awarded OP1-15 and 87% of eligible students received a University or TAFE offering in the first round.

Rochedale students were made offers at UQ, Melbourne Uni, Sydney Uni, QUT, Griffith Uni and USQ where they will be studying degrees in Architecture, Business, Youth Studies, Music, Nursing, Criminal Justice, Pharmacy, Health Science, Education, Science, Interactive Entertainment, Exercise Science, Engineering, Commerce and Urban Design. TAFE offers in Event Management, Audio Production, Digital Media, Justice Administration, Childrens Services, Commerce and Fitness were also accepted by our students.

Additionally, many of our 2008 Seniors have successfully continued on with their traineeships and apprenticeships that began at school or have successfully moved into full time employment. We are proud of all their achievements and wish them every success in the future. The breadth of opportunities offered to our students strongly support our school vision of "Performers for every stage expressing talents in every field".

Computer Grant:

Rochedale High has been successful in Round Two of the Australian Government's National Secondary School Computer Fund. We have received 161 new computers which will improve our school computer to student ratio to 1:2 and support our aim to embed elements of ICT's across all areas of the curriculum.

This initiative will mean that the school will have six fully equipped computer labs, enhanced Resource Centre technology capabilities and flexible labs in Maths, Science, Communications, Art and Performing Arts that will combine desktop and lap top computers with wireless access points so that ICT access will be greatly enhanced to those curriculum areas. The school would like to thank Mr Monsour, HOD Technology for compiling the successful application.

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**)

Sentinel is emailed in PDF format and needs Acrobat Reader which can be downloaded FREE at www.adobe.com

School Priorities 2009:

Semester 2 2008 saw the completion of our Strategic Plan 2009-2011. The following have been identified as school priorities for this period.

- The creation of a learning environment in which students are skilled and confident in the use of information and communication technologies along with infrastructure that supports engagement in all key learning areas.
- A targeted focus on subject based numeracy and literacy requirements together with planning and implementation.
- The development of a middle phase action plan that maximises student engagement and supports the transition from primary to secondary education.
- The development of learning experiences and programs which provide multiple pathways to meet individual needs and personal development through the provision of leadership opportunities in the senior school.
- A focus on student self esteem, performance and respect for self and others.
- The creation of an environment where all staff and students are recognised and genuinely valued for their contribution to a strong collaborative effort in pursuit of the school vision.

Leadership Structure:

As most families are now aware Brian Forbes Acting Principal 2008 has been appointed permanently to Springwood High and, we wish him a happy and successful time there. I will be filling the role of Acting Principal until David McDonald returns from Qatar in September. For new families to the school, I have been at Rochedale for 10 years (7 as Deputy Principal) and this will be my third extended period as Acting Principal. I know with the support of the talented and dedicated Administration and Staff that the school will continue to move forward this year. It is our intention to continue the progress of recent years to make Rochedale one of the safest, most supportive and successful high schools in the state. I look forward to interacting with parents and caregivers in a positive way throughout the year ahead.

Peter Peisker
A/Principal

YEAR 8 B.B.Q

On Tuesday 24 February 2009 the annual Year 8 Barbecue will be held. Beginning at 5.00 pm, the barbecue is a great opportunity for students to introduce parents to their teachers and to put a face to the name. Whilst parents are meeting the teaching staff, a number of activities will be run by the school's TIP leaders for the students. We encourage parents to attend this barbecue as it is a very good opportunity for both parents and the school staff to open the communication lines. A letter will be sent home with students on Friday 13 February asking families to indicate the number of people from each family attending this to assist with catering. We look forward to your attendance on the evening.

Chris Bell and Hannah O'Connor
Year 8 Co-ordinators

FUTURE LEADER

Yr 12 student Travis Ebersohn used 19 days of the recent school holiday break, to complete a cadet under-officer course for the Australian Air Force Cadets at Amberley Air Force Base.

Travis, already a champion glider pilot, was highly successful completing a Certificate 3 in Frontline Management. His skills were recognised at the Cadet Passing-Out Parade, and Travis was further featured in a Channel 9 news broadcast. We wish to congratulate him for his initiative and dedication.

P & C NEWS

All members of the school community are invited to both the February General Meeting of the P & C on Tuesday 17 February at 7.00 pm and the Annual General Meeting on Tuesday 17 March at 7.00 pm. Both meetings will be held in the Staff Common Room in the Administration Block and we look forward to seeing both existing and new families to the school at these gatherings.

UNIFORM SHOP

After a very hectic first month, the uniform shop has returned to its normal trading hours of Monday and Wednesday 8.00 am – 11.00 am. Many thanks to Marlene Protheroe and her small band of helpers who arranged uniforms for a record number of new students!

Apology. The school apologises for the error in the information sent home to Yr 11 Parents/Students with regard to the 2009 Senior Jerseys. Payments are to be made at the Payments Window, not at the Uniform Shop as previously stated.

VICTORIAN BUSHFIRE APPEAL

The Student Council has asked for a "gold coin" donation day to be held on Friday 13 February 2009 with all proceeds going to the Victorian Bushfire Appeal. All money will be collected during Care classes on Friday and a cheque on behalf of the school community will be delivered to the Red Cross. The Council will also donate the profits from their St Valentines Day flower sales fundraiser to the appeal.

IMMUNISATION PROGRAM FOR YR 8 STUDENTS

This week your Year 8 student will be given an immunisation consent form to take home for you to read, sign and then return to the school. Please contact the School Nurse on 33400 400 if you do not receive the form from your student or you require a replacement.

Our school is participating in Queensland Health's annual School Based Vaccination Program. For your Year 8 students, the program provides free Hepatitis B and Chickenpox vaccinations. Female students will also be offered vaccination for Human Papillomavirus (HPV) as protection against Cervical Cancer.

CHICKENPOX

Year 8 students are eligible to receive one dose of chickenpox vaccine if they have not previously had chickenpox or been vaccinated against it. If you do not have a reliable history of your child having had chickenpox or you are unsure, then it is advisable to have the vaccination. If your child is aged 14 years and in Year 8, please read the consent form for further information.

HEPATITIS B

Year 8 students can receive Hepatitis B Vaccination if they have not already been vaccinated for Hepatitis B or had the disease. This is given in two doses four to six months apart.

HUMAN PAPILLOMAVIRUS (HPB)

Female students in Year 8 are being offered immunisation against HPV. This involves three doses of vaccine given over six months. It is important that you read the information in the consent forms.

The vaccinations will be conducted by a team of specially trained registered nurses and/or a medical practitioner. The vaccination team will be visiting the school to give the free vaccinations.

Only students who have a completed and signed consent form/s (ticked yes) will be vaccinated. If you would like your child to be vaccinated, please fill in the consent form/s and return the form/s to the school within one week.

If you do not wish your child to be vaccinated, or your child has already been vaccinated with the offered vaccines, it is still important that you complete the form/s ticking no) and return them. This helps Queensland Health to ensure that all students have been given the opportunity to participate in this program.

Please ensure you have ticked and signed your consent form. Please also ensure you have entered your care class for processing purposes. Please return completed immunisation consent forms to reception and place in the receiving box supplied. Please return forms ASAP as there is a deadline of a week after you have received the form.

Colleen Hunter
School Nurse.

SPORT NEWS

2009 STARTS WITH A BIG SPLASH!

On Friday the 6th of February Rochedale State High School held the annual swimming carnival. After last years disappointment of torrential rain and howling winds that prevented the event, this year a bright, sunny and very warm day was presented for us to enjoy. This year excitement and eagerness were felt by all as the sports house captains and senior leaders did a great job of promoting and creating an enjoyable atmosphere with each house dressing up to a theme.

The themes of lifesavers, super heroes and Hawaiian party saw some great outfits worn not only by students but also some very trendy teachers. Participation and 'have a go' attitude by many of the students is what Rochedale promotes and this was clearly evident from the many positive comments from both students and teachers throughout the day.

The results of the inter-house competition again reflected good competition and two houses were battling for the entire day to take the lead. Turrbal ended their day on 597 in third position but to their credit never gave in, while Yugumbeh finished in second place on 950 points. Congratulations goes to Jagara who scored 1041 points and is Rochedale High Schools 2009 swimming carnival champion! We would also like to thank all the preparation and organization behind the scene by Mrs Waldron, Mr Gibb and all the teachers who helped out in making the carnival such a success!

SWIMMING CARNIVAL RESULTS
2009

Jagara	1041
Yugumbeh	950
Turrbal	597

INTERSCHOOL SPORT – SUMMER 2009

Rochedale High is a part of a number of schools within the South District. On Wednesday afternoon sport our school competes in this district against Mansfield, Cavendish Road, Mt. Gravatt, Holland Park, COC, BAC and St. James. This year we have been able to fill numerous teams for the summer season which will be held starting the 11th February – 22nd April followed by a district finals week on the 29th April. We have boys teams in Volleyball, Touch, Basketball, Cricket, Squash and Futsal (indoor soccer) and girls teams in Volleyball, Touch, Basketball, Softball, Squash and Futsal.

An alternative program of sport for students who are not participating in interschool sport at Rochedale provides many options and variety not seen in many other schools. On offer are activities like ten-pin bowling, Fitness First (exercise classes), Oz-sports (indoor soccer, cricket, volleyball) and ice-skating that are at venues outside the school. At school there are activities of a Performing Arts nature like aerobics, dance, music, beginner's guitar and photography. Students who still want to participate in sport but not at a competitive level can play a variety of recreational sports like tennis, touch, soccer and volleyball. Another group which runs on a Wednesday afternoon is Agricultural Science where students learn to handle and judge a range of animals.

We would like to give our best wishes to all the interschool teams in their efforts in representing the school and to do their best for the summer season.

Matt Kingi
Sports Co-ordinator

MELBOURNE 2008

At the end of the school year in 2008, three volleyball teams went to Melbourne to compete in the National Volleyball Schools Cup. The teams were an Open girls team coached by Mr Cash, a mixed year 8 and 9 girls team coached by Mrs Waldron and a Senior Boys team coached by Mr Broadway.

All three teams were involved in matches played over a week, with teams playing a competitive style of volleyball that had each team winning more matches than they lost. Our consistency saw both the Junior and Open girls team finish 5th and the Senior boys team winning gold for the second year in a row.

This was a fantastic effort by everyone involved in the Rochedale volleyball development program. The volleyball year is a long one with school competition starting in February, tournaments in August and October and the concluding Nationals in December. Lots of hard work and time is put into the development program by students and teaching staff alike and all involved deserve to be congratulated for their efforts.

Lastly, on behalf of all players, Mr Cash and myself would like to thank Mrs Waldron for the amount of time she puts into organizing and planning Rochedale's participation in volleyball tournaments throughout the year.

Jeff Broadway
(Coach Rochedale Volleyball)

ROCHEDALE SHS BOYS VOLLEYBALL TEAM

Congratulations to Rochedale High's Boys Volleyball team who came in 3rd place in the 2008 Mens Metro League Div 2 Competition played at Runcorn High on Monday nights.

SCHOOL'S IN! KEEP YOUR RECEIPTS FOR THE EDUCATION TAX REFUND

We would like to take this opportunity to remind parents to make sure that you keep your receipts if you wish to claim the Education Tax Refund on your next tax return. If you don't need to lodge a tax return you can claim on a special form which will be available from the Tax Office in July.

All families with school children who receive Family Tax Benefit Part A will be eligible for the Education Tax Refund, which will be paid to families from 1 July this year.

Provided parents keep their receipts, the Education Tax Refund will apply to some of the most common back-to-school items, including:

- laptops;
- home computers and associated costs;
- home internet connections;
- printers;
- education software;
- trade tools for use at school;
- school text books; and
- stationery

Eligible families will be able to claim up to $375 per child per year for each child undertaking primary school (i.e. a 50 per cent refundable tax offset every year for up to $750 expenditure for each child), and up to $750 per child per year for each child undertaking secondary school (i.e. a 50 per cent refundable tax offset every year for up to $1500 expenditure per child).

To find out more visit the Tax Office website at **www.ato.gov.au** or phone **13 28 61**.

FROM THE SUPPORT SERVICES TEAM

Welcome to 2009, a year of potential and success for all of our students. The start of the school year is always very busy, and expensive following Christmas and the summer holidays.

The staff at Rochedale High is committed to supporting students in their education. If families are having difficulty with juggling costs of "back to school" requirements please contact the Business Services Manager, Jenny Townshend, or Guidance Officer Corinne Neilsen to discuss concerns.

Available to assist students during the year is the Student Services Support Team. The members of SSST are Ms Corinne Neilsen- Guidance Officer, Ms Colleen Hunter – Youth Health Nurse, Mr Adam Gallagher – Chaplain, Mr Rishi Jagunundan - Youth Worker Relationships Australia, Ms Kate Bonariggo – Career Keys Youth Advisor and Ms Carmel Boland and Ms Kerryn Graham – International Students Liaison.

The Student Services Team aims to provide wide support of students in their emotional, spiritual, and health development. They can be contacted via the main office phone. The SSST will run a variety of activities throughout the year, and we look forward to student involvement.

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 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).

Visit Family Relationships Online at www.familyrelationships.gov.au

LAUGHTER THE BEST MEDICINE

How is it that that sound of roaring laughter is far more contagious than any cough, sniffle, or yawn.

While humour and laughter can cause a domino effect of joy and amusement for anyone in range, it is well researched that this activity can make us healthier.

Though it can be difficult to define what exactly makes humour funny, laughter has long been considered helpful to the healing process. Substantial research indicates that humour and laughter play a health role. Did you know that laughing:

- **exercises the internal organs** (great for the stomach muscles and the cardiovascular system),
- **with all that mouth opening and deep breathing, laughing gets more oxygen to the brain** (to enhance alertness and thinking),
- **boosts endorphins** (natural mood-elevating and pain-killing chemicals),
- **strengthens the immune system** (to help fight off disease.)

Laughter has also been shown **to improve pain tolerance, reduce stress, lower blood pressure, and protect the heart**.

The social effects too are many. They include:

- improving a **person's optimism and outlook on life**
- **connecting** you to others – others will want to spend time with you
- fostering instant **relaxation**
- and most importantly **IT MAKES YOU FEEL GOOD**

Unlike more invasive therapies, laughter therapy is cheap and has no harmful side effects – not bad for such an enjoyable activity.

The great Groucho Marx who spent his movie life clowning around stated***: A clown is like an aspirin, only he works twice as fast***.

But humour must be used with care. Children should not be exposed to adult humour. Never use humour to offend or shame another person. It's not about laughing at another – use humour at the expense of yourself, not others.

Laughter **is** a natural part of life. The part of the brain that connects to and facilitates laughter is among the first parts of the nervous system to come on line after birth. Infants begin smiling during the first weeks of life and laugh out loud within months of being born. Even if you did not grow up in a household where laughter was a common sound, you can learn to laugh at any

stage of life. Now is the time.

Try these activities. They will benefit your child and you:

- Watch comedy DVD's and TV shows (e.g. Thank God You're Here).
- Visit the circus – do some clowning around yourself
- Listen to comedy while driving – the news these days is very depressing.
- Read comic authors/tell jokes.
- Seek out funny people – spend less time with overly serious people.
- Bring humour into conversations. Tell and invite funny stories.

Let's see more people laughing, and smiling. Our communities, including schools and workplaces, can only benefit.

Adapted from Gregory J Boyle and Jeanne M. Joss-Reid, "Relationship of Humour to Health", British Journal of Health Psychology, Feb. 2004.

CHAPLAIN NEWS

Hi everyone, my name is Adam Gallagher and I'm the Chaplain at RSHS.

I'd like to welcome all the new students and families to the school and I hope your time with us is both fruitful and fun!

For all the new students who are still anxious about school, I offer two hints:

1. You're not alone – there are others who feel the same way as you.
2. Don't compare yourself to others. "Be the best version of yourself, not a second rate version of someone else."

I am part of the *Student Services Support Team* and am happy to talk to both students and parents/guardians. Generally, people like to talk about life, family, school and/or faith.

All the best and God bless!
Adam Gallagher
Chaplain

HEALTH MATTERS

Welcome back and I hope your holiday break was an enjoyable one. I want to take this opportunity to provide some information on my role to anyone who is new to the school as well as refreshing other members of the school community on the youth health nurse role. I attend Rochedale State High School on Tuesdays and Fridays.

My primary role is to address concerns or problems about health and wellbeing, contribute to a supportive healthy school environment, and connect people to other support services outside of the school when needed.

The School Based Youth Health Nurse Program places registered nurses, employed by Queensland Health, in state high school settings to work with students, their families and school staff for healthier school communities. The nurse can act as a support person at times when a young person has difficult issues to discuss with their family, and will assist the young person with seeking appropriate help from family or other supports, such as Guidance Officers, Doctors, Youth Workers, Chaplaincy or specialist counselling.

Common issues that young people access the service for are

- health concerns,
- personal or/and family problems
- smoking, alcohol and other drugs information
- sexual health
- healthy skin
- feeling unhappy or stressed
- healthy eating, exercise and weight information,
- getting in touch with the right service
- anything that impacts on your health and wellbeing.

The service is generally kept confidential, except in cases where the young person is at risk of being hurt or hurting someone else. I am also available to support teachers in classroom activities with a health focus, and become involved in school activities where there is a link with student health and wellbeing.

I look forward to meeting and working with the students, staff and school community throughout the year and please don't hesitate to contact me on 33400 400.

Cheers
Colleen Hunter
Youth Health Nurse

COMMUNITY NEWS

RELIEF CLEANERS

If you are interested in becoming a relief cleaner for our school, please telephone our office on 3340 0400 or our Business Services Manager on 3340 0410 to leave your personal details.

CULTURAL EXCHANGE. Southern Cross Cultural Exchange is running an information session about overseas exchanges on Tuesday 3 March at 7.30 pm at St Lucia – ph 1800 500 501 or www.scce.com.au

TALL SHIP YOUNG ENDEAVOUR. Young Australians aged 16-23 can apply to sail the tall ship Young Endeavour for a youth training program. Apply by 1 March 2009.

Over the course of a voyage, 124 youth crew learn from a professional Royal Australian Navy crew all aspects of sailing a 44-metre, square-rigged tall ship on the open sea including climbing the 30 m mast, setting sails, navigating, keeping watch and taking the helm.

A voyage on the Young Endeavour develops skills in teamwork, communication, leadership and motivation while getting the opportunity to explore wilderness regions and remote coastlines.

The Young Endeavour Youth Scheme is funded by the Australian Government and the Royal Australian Navy and supported by Corporate and Community organisations, who sponsor voyages for young people in their community or organisation. Please contact the Scheme on 1800 020 444 if you are interested in sponsoring a youth participant.

The Young Endeavour was a gift from the UK to the people of Australia to mark the Bicentenary in 1988 and is operated by specially trained Royal Australian Navy crew. More than 8,500 young Australians have taken part in the youth training program since the Young Endeavour's maiden voyage to Australia in 1988.

Phone 1800 020 444 for details or visit
www.youngendeavour.gov.au

JUNIOR COME-AND-TRY HOCKEY

Eastern Suburbs Hockey Club is looking for new recruits. "A great game for all ages". We are conducting a free "Come and Try" program for boys and girls aged between 4 and 16 years over two Sunday mornings.

- Hockey stick and all necessary equipment supplied
- Expert coaching and supervision
- Safe, family friendly environment

When: February 15 and 22 2009
Time: 8.00 am – 9.30 am
Where: O'Grady Park, Brougham Street, Fairfield
For further information contact: Roz Salway on 3844 2261 or Tod Fuller on 3357 8613.

BRAND NEW BRISBANE TAP DANCE CLASSES with RED HOT RHYTHM!

Classes for kids & adults of all ages FIRST CLASS JUST $1.00.

Ph Bill on 0416 757 329 or check out www.redhotrhythm.com.au

TAP IS BACK!