



The Rochedale

SENTINEL

Tuesday 10 June 2008

Number 8

FROM THE PRINCIPAL'S DESK

With only a fortnight to the mid-year break, we wish all students a rewarding assessment period and a safe and happy holiday.

Enrolments

Enrolments for Year 8 in 2009 have been open for two weeks and we will have interviewed eighty students by the school holidays. If you are intending to enrol a current Year 7 student or have family or friends intending to send young people to Rochedale please phone the school office as soon as possible to make an interview time as our target number of students is filling quickly.

Rochedale Challenge

The 2008 edition of the Rochedale Challenge has been run and won by Team 4 from Rochedale State School. The competition was intense in all activities which ranged from brain teasers to physical challenges, while the final results were very close with only 1.7 points separating the top five teams. Congratulations to all schools that fielded teams on the behaviour of their students and the outstanding teamwork demonstrated by all students. I'm sure that all participants had a great time and we look forward to next year's Challenge.

Farewell to International students

In the next couple of weeks we will say farewell to 7 of our international students from Germany, Luisa Rissberger, Ann-Kathrin Kramer, Felix Klein, Johannes Neumann, Julia Steimer, Maren Schumaker, Annika Hagenow, some of whom have been with us for twelve months. All of these young people have been a credit to themselves and their families and our school. The community is that much richer for the sharing of cultures.

One of our own students, Maddi Callaghan is travelling to Norway on a Student Exchange for twelve months and it is my hope that in the future more Rochedale students will access this type of opportunity and return to share with us, the experiences of living in another culture. It is this sort of experience that promotes understanding and tolerance in a world where this is desperately needed.

Snow Trip

During the coming school holidays, forty students and four members of school staff will hit the slopes of our snow

country during the annual snow trip. Actually let's hope Chaplain Adam who is attending despite warnings regarding the risk of skiing alongside Mr Peisker. The story goes that Mr Peisker has never been injured but one of the accompanying staff members is carried from the slopes each year. Good luck everyone!

P&C Fundraiser

Enclosed with this newsletter is information about a great new P&C fundraiser. For each person that changes their car CTP insurance to NRMA and quotes the appropriate number, the P&C will receive \$5. It's that simple so please get on board and encourage relatives and friends to change and we will really benefit.

Annual Athletics Carnival

The last day of this term is the annual Athletics Carnival. The carnival is a fun event that is held on the school oval and involves both track and field. Restricted canteen is supplemented by fund raising activities with food and drink stations. Students need to wear full sports uniform and bring hat, sunscreen and water.

Brian Forbes
A/Principal

SCHOOL DENTAL SERVICE

The Mobile School Dental Clinic has finished its offer of treatment to students in Yrs 8 to 10 at Rochedale High. If you had consented to your child receiving a check-up and/or dental treatment and you are unsure if they have had this completed please Ph: 3841 4428.

Should any dental problems arise, eligible students can access the Rochedale School Dental Clinic located in the Rochedale Primary School grounds (694 Rochedale Road) Ph 3841 4428.

Julie Johnson
Oral Health Therapist

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

CHANGE OF DETAILS

Please advise the School Office on 33400 400 of any changes of student details i.e. address, phone numbers, family & emergency contacts.

YR 10 & 11 LEADERSHIP OPPORTUNITIES

On July 24 and 25, Step Up, a non profit organisation, will be hosting a leadership seminar designed to inspire and empower teenagers.

The program is being held at Citipoint Auditorium, Wecker Rd, Mansfield.

Day 1: 8.45 am – 4.45 pm
Day 2: 9.00 am – 5.15 pm

The cost of the event is \$40 which covers all food, materials and entertainment.

Any student wishing to participate in this event should see Mrs Bernhagen for further information.

SCIENCE NEWS

NATIONAL SCIENCE WEEK 08

Q: What is National Science Week?

A: The annual nationwide celebration of Australian achievements and capabilities in science.

Q: When is National Science Week?

A: Saturday 16 – Sunday 24 August 2008.

Q: Who participates in National Science Week?

A: Everyone and anyone! In schools around the nation, thousands of teachers and students from early childhood to senior secondary levels contribute to National Science Week celebrations by organising and participating in a diverse range of activities and events.

Q: What is the schools theme for National Science Week 2008?

A: Planet Earth – Planet of Change in celebration of the International Year of Planet Earth and the Earth Sciences in general.

www.scienceweek.info.au

NEWS FROM THE CHAPLAIN

Brekky Club

The Brekky Club has been going for 8 weeks now and has seen up to 150 students attend. It is a good way to start the day and offers an opportunity to build friendships.

Toast, cereal, milo and juice are served and it is all free! The YMCA very kindly provides all the food, including the refrigerator, storage cabinet and foldable table – basically everything!

The YMCA of Brisbane, in partnership with Education Queensland and program sponsors, provide breakfast at no cost to our students or RSHS, as part of YMCA's commitment to youth and the community.



The volunteers who serve the breakfast are from two local churches. Youth workers from Our Saviour Lutheran Church are Jono Kyffin, Wookie and Finnie (sorry, I don't really know their full names!). From Rochedale Baptist Church are Ben Sampson and Judy Fay (Judy runs the Shine program for Year 9 girls). The breakfast couldn't happen without these volunteers, as they do a valuable job and love serving our students.



For any information regarding this program or any other questions, please feel free to contact me. My days at RSHS are Monday, Wednesday and Thursday.

Adam Gallagher
Chaplain

NEWS FROM GUIDANCE

TSXPO

When: Sat 19 and Sun 20 July 2008

Where: Exhibition Building, RNA Showgrounds, Brisbane

Time: 10.00 am – 4.00 pm (both days)

www.tsxpo.org

FREE ADMISSION!!

The 27th annual Tertiary Studies Expo (TSXPO) is the most comprehensive event of its kind in Australia. Students from years 10, 11 and 12 are invited to meet one-on-one and discuss their study, career and employment options with representatives from over 100 exhibitors including:

- Universities from around Australia and Overseas
- Representatives from ALL faculties from Griffith, QUT & UQ
- Private Education Providers
- TAFE
- Defence Forces
- Government Agencies
- Employment opportunities
- Post graduate course info
- Professional Associations
- Student Services and more!

What can you expect?

- Scholarship, financial and bursary information available
- The chance to win a \$2000 bursary
- Information on study and career options
- Exhibitor seminar sessions
- Chance to win a laptop computer valued at \$1000

Where can you find more info?

- A lift-out feature in the Courier-Mail on Tuesday 17 July
- A new dedicated website www.tsxpo.org with info on –
 - Full exhibitor listing with links to homepage
 - Student Worksheet
 - Lap-top prize and bursary details and a new video competition info
 - Seminar details & more.

Be part of the expo and find out all the latest information on tertiary studies, scholarships and bursary info, financial support, career pathways and admission procedures. It's the expo you cannot afford to miss!!!!

THE UNIVERSITY OF SYDNEY INFORMATION SESSION

At the University of Sydney we don't believe one model fits all. We encourage you to start working towards your goal, your way, from your first day at university.

You are invited to attend an information evening in June 2008 designed to help you:

- ❖ Discover Sydney Choice at the University of Sydney
- ❖ Hear about our new national scholarships valued at \$15,000 pa
- ❖ Find out about accommodation options
- ❖ Learn more about the NSW tertiary system and university entrance
- ❖ Gain an insight into life in Sydney and at the University of Sydney
- ❖ Hear about 'Making the Move' from a current student

This evening is tailored to assist you and your parents to make choices about your future.

For the time and date of the session in your state and to register to attend the event, please visit www.usyd.edu.au/national or phone 1300 362 006.

CULTURAL CARE AU PAIR

GAP YEAR IN THE USA -

Cultural Care Au Pair is holding a free information meeting for all 17-26 year olds who love kids, have some child care experience (Babysitting, Tutoring, Child Care Centre work) and want to TRAVEL TO THE USA!

When: Monday 23 June 2008

Time: 6.00 pm – 8.00 pm

Where: Toowong Library, Toowong Village Shopping Centre, Top Floor

Contact: 1800 677 373, or check out our website www.culturalcare.com.au to reserve your seat.

Come along and learn all there is to know about becoming a Cultural Care Au Pair and make your dreams reality!

HEALTH MATTERS

SNORING

"It's annoying but most of the time it's doing you no harm!"

It's estimated that around 20 per cent of the population snores at night. Snoring isn't physically harmful to the person who snores, but it is highly irritating to anyone kept awake by the noise. More men snore than women, with around one-quarter of males prone to snoring. Snoring may also be a symptom of significant sleep disordered breathing or obstructive sleep apnoea.

During sleep, the muscles of the soft palate and uvula (the structures found in the back of the throat) tend to relax and vibrate when the person breathes. This happens both when breathing through the nose or the open mouth. This relaxed tissue vibrates as air moves back and forth across it, making the characteristic noise.

Snoring isn't harmful in itself and can be left untreated with no ill effects. Sometimes, a person can snore so loudly they constantly wake themselves during the night and this can lead to long-term sleep deprivation and fatigue.

Snoring and obstructive sleep apnoea

In some cases, snoring can be caused by obstructive sleep apnoea. This occurs when the walls of the throat come together during sleep and block the airway between the voice box and the back of the nose. After a few seconds, the sleeper makes a strong breathing effort and restarts breathing. A person with this disorder might wake up hundreds of times every night. This person will have a general fatigue and wake up feeling like they have had no sleep. Treatments are available. You need to see a doctor.

Simple remedies for snoring: Losing weight and cutting back on alcohol tends to reduce the severity of snoring, if not cure it altogether. Other tips include:

- Avoid sleeping tablets.
- Sleep on your side rather than your back.
- Treat nasal congestion.
- Make sure the air in the bedroom is neither too dry nor too humid.
- Avoid alcohol in the hours before bedtime.

Get yourself fitted with an oral appliance, such as a mouthguard

Suggested remedies such as chin straps, anti-snoring pillows or 'drops' under the tongue are not useful.

Sleep tight

Colleen Hunter, School Health Nurse

SO YOU THINK YOU CAN ACT?!

These June July Holidays TWENTY 8-17 year olds will share in over **\$40 000** worth of prizes by winning

WINTER SCHOLARSHIP 2008

Anyone can apply – but you have to be in it to win it!

Enter at

www.actingacademy.com.au/scholarship



11 entrants receive a great prize pack!

CALL 07 3371 8599 for more details.

The Australian Acting Academy –

"Believe in yourself & achieve anything!"