



The Rochedale

SENTINEL

Tuesday 13 May 2008

Number 6

FROM THE PRINCIPAL'S DESK

PERFORMERS FOR EVERY STAGE

Students of Rochedale High have certainly been putting their best foot forward in a range of pursuits in recent weeks. As you are no doubt aware a number of students have been involved in Creative Generations music and drama auditions, workshops and performances. Three students have recently been selected in the final cast for Creative Generations, Luke Dalton for musicianship, and Chloe Osland and Whitney Roberts for dance which is an outstanding achievement.

Equally outstanding was the inclusion of Shani Cameron, Renae Grinlaubs, Joshua Sopher, Stephanie Bagnall and Anya Simonsen in the advanced music camp last week. This signifies the quality of our programs at Rochedale, the commitment of teaching staff and the efforts and talent of individual students.

On the sporting field we enjoyed success as well, not just for students but also for our staff. The Metropolitan East Under 19 Girls Touch Football team, which included Rochedale students Madelyn Ludwigsen and Stevie-Lee Thompson won the State Championships which is fantastic for those students but praiseworthy indeed for the coach Mr David Crase and manager Ms Leeanne Bauer who have taken Met East teams to wins for the past three years.

Teacher Ms Roanna Waldron was an organiser for the State volleyball championships in which Rochedale student Sam Whatley represented the zone. Congratulations to all our sportspeople and their coaches and managers.

I was fortunate this week to accompany the Agriculture Show Team to the Royal Childrens' Hospital. The team worked like a well oiled machine to prepare the animals, pack onto vehicles, set up and tend the exhibits then repeat the process in reverse to return to the school. Rochedale High students received unsolicited accolades from event organisers and staff of the Royal Childrens' Hospital School for the way in which our students conducted themselves, the knowledge they had of the animals and the very professional way in which they tended to their assigned animals.

Well done students and well done also to accompanying teachers Ms Margaret Ellis and Ms Kathryn Gardner. Our thanks also to Mr Darren Healey who assisted greatly in transporting the alpacas and helping to make this event a very successful one for Rochedale High.

ANNUAL OPEN AFTERNOON – TUESDAY 20 MAY

Next Tuesday 20 May is the annual open afternoon for local year 7 students to visit our school and experience life at Rochedale State High School for an afternoon. In order to free staff to provide activities for this event, the P&C has endorsed the shortening of the school day with our students being able to leave at 12 noon. This will only be possible for students who return the appropriate permission form to their Care Teacher by Friday 16 May. Supervision will be provided for students who are unable to leave. Please contact school administration if you have any concern about this arrangement. A parent session will take place in the Performing Arts Centre in the evening from 7:00pm and all prospective parents are encouraged to attend to learn a little more about what Rochedale has to offer as well as start the enrolment process.

ENROLMENTS 2009 – YEAR 8

Rochedale State High School is taking enrolments for 2009 in year 8 from Tuesday evening next week. If you or someone you know has a young person wishing to enrol for 2009, please contact the school to register them. Current patterns indicate that there will be significant pressure on places for next year so it is important that you attend to this matter as soon as possible.

NATIONAL TESTING

Year nine students have taken part in National testing this week and as you would know, parents will receive individual reports in August. I am very pleased with the way in which all Year 9s have approached this test and commend staff for the obvious preparation of students.

Brian Forbes
A/Principal

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

SCHOOL DENTAL SERVICE

The Mobile School Dental Clinic will be leaving Rochedale High at the end of May. If you have a student in Yrs 8 to 10 and are unsure if they have had their check-up or required treatment please call Ph: 0418 732 147 (until the end of May) or 3841 4428.

Should any dental problems arise, please contact the Rochedale School Dental Clinic located in the Rochedale Primary School grounds (694 Rochedale Road) Ph 3841 4428.

Julie Johnson
Oral Health Therapist

BIKE SAFETY TIPS

Parents play a vital role in teaching children bike safety.

Since children learn by example, parents can help teach children road and bike safety. When your child does ride to school:

- ensure they wear a correctly fitted and fastened helmet – the helmet should fit firmly, be comfortable, and shouldn't move around on the head when worn
- show them the safest route, ride with your child until you're confident they have the necessary skills to ride on their own
- make sure they ride on the footpath (if primary school age), keep left and give way to pedestrians
- teach your child never to be towed by a vehicle, and never "double" other children

Helmets help protect bike riders from head injuries and can save lives. Queensland law required that everyone must wear a helmet when riding a bike. Set a good example by always wearing a helmet when riding a bicycle – helmets are not just for kids.

Helmets come in a variety of shapes and sizes and some helmets fit kids better than others.

To help to make your child more visible to motorists, place a flag and red reflector on the back of the bike and a white reflector on the front. Wearing brightly coloured and reflective shoes and clothing will also increase visibility.

STUDENT EXCHANGE AUSTRALIA

In June and July 2008, students, aged 15 – 18 years, from over 15 countries will be arriving in Australia to study at local schools for 2, 3, 5 or 10 months. Opportunities exist to act as a host family in a volunteer/unpaid capacity. Hosting can be 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

SPORT NEWS



CROSS COUNTRY 2008

Rochedale had its annual Cross Country Carnival on the 17th March 2008. It was a very successful day with each age group running with their respective year level. This was slightly different from the way it was run in previous years, however, it seemed to be much more effective having every student participating. We would like to thank Mr Crase and all staff who helped out on the day. The greater participation rate from all year levels brought forth a number of positives including positive comments from teachers and students, close scores between all houses and a solid school team to represent Rochedale at the South District Cross Country Carnival.

Congratulations to the following Girl and Boy Age Champions:-

Open – David Forrester, Jessica Poulton
16 years – Brianna Milne, Jacob Weir
15 years – Jessica Carkeet, Matthew Gould
14 years – Rosemary Rogers, Tom Bricknell
13 years – Sade Dobson, Taylor Churchill

On the 1st of May the Rochedale Cross Country team participated in the South District Cross Country held at Redeemer Stolz Oval. It includes many schools from around the district with Rochedale placing 9th overall and 8th in percentage placing based on school numbers. Congratulations to the entire team who represented the school and special congratulations to Tom Bricknell who was selected in the Metropolitan East Cross Country team!



NEWS FROM THE ARTS

CREATIVE GENERATION – STATE SCHOOLS ONSTAGE 2008

Featuring more than 550 students (three of which belong to Rochedale State High), Creative Generation – State Schools Onstage 2008, gives talented performing arts students the opportunity to display and extend their skills in a dynamic, professionally produced stage show spectacular.

Students will have the opportunity to work with professional artists during the rehearsal process with many students then given the opportunity to perform alongside these professional entertainers during the actual performance.

This exciting event will feature a 70-piece orchestra, a 220-voice choir, 220 dancers (Chloe Osland and Whitney Roberts), talented featured artists (Luke Dalton), backing vocalists and other various performers. From pop to opera, from hip hop to jazz, the massed sights and sounds of these talented young performers celebrates the diversity of performing arts education in Queensland's state schools.

So come along, enjoy the talents of Queensland state school students and support our very own Chloe Osland, Whitney Roberts and Luke Dalton.

Date: 30 to 31 May 2008

Where: Queensland Performing Arts Centre Concert Hall

Tickets: Prices are \$28.00 adults. \$14.00 children and \$20 for concession tickets (plus booking fee). Tickets are available from [Qtix](#) on 136 246.

Duration: 2 hours (inc. 20 minute interval)

Important Event Information: This production uses pyrotechnics.

Presented by: Department of Education, Training and the Arts



COMBINED SCHOOLS BAND SEASON STARTED WITH WELCOME BBQ

The first rehearsal and welcome BBQ for the Rhapsody 4,

Combined Schools Band was held on Monday 12 May in the PAC. 40 students from Rochedale High, Rochedale State School, Rochedale South State School and Eight Mile Plains State School have accepted membership of this special band program. The evening was a great success and gave the visiting primary students an opportunity to play with senior students and extend their music skills. We wish the combined band a very successful season and hope they enjoy the experience of meeting other young musicians in this area. Students are again reminded of the rehearsal schedule for the band and the important competition on 24 August. A special thanks to Mr Pearson (Band Master), Ms Taschke, Ms Curtis and Band Captains Emily Gudgeon and Jess Hodkinson for their efforts to create a worthwhile evening for all. Please note the following rehearsal dates for this year:

- Rehearsals at RSHS PAC from 8:00 am - 11:00 am
- Wednesday 4 June, Thursday 11 June, Monday 28 July, Tuesday 19 August, Thursday 4 September, Tuesday 14 October, Thursday 30 October
- Tuesday 19 August tour of participating schools
- Sunday 24 August Brisbane Schools' Band Festival
- Friday 17 October Instrumental Maestro RSHS , 7:00pm
- Other performances at RSSH, RSS, EMP in consultation with Principals

Best Wishes students for an enjoyable season.

M Semit



NEWS FROM GUIDANCE

FREE PROGRAM SUPPORTS FAMILIES FOLLOWING DIVORCE

The University of Queensland is offering a free 12-week parenting program designed to improve outcomes for children following divorce. The program targets separated and divorced parents who have children aged 2-14 years, who have separated or divorced within the past 24 months, and who are having difficulty managing conflict with their ex-partner, coping with feelings, or managing child behaviour problems. For details, contact Family Transitions Triple P (07) 3365 7303, k.nicholls@psy.uq.edu.au.

**The parenting and Family Support Centre
The University of Queensland**

CULTURAL CARE AU PAIR

SPEND 2009 IN THE USA – and have the time of your life!

Come along to our information meeting and learn all about what it is to be an au pair in the USA with Cultural Care Au Pair. Not only will you learn about this GAP year

opportunity you will also get to meet one of our Boston staff members. These are the people who will be matching you with your family and helping you start the best year of your life!

When: Tuesday 20 May 2008
Time: 6.30 pm – 9.00 pm

Where: EF International Language School, 164 Melbourne Street, South Brisbane

Contact: Call Felicity or Tricia on 1800 677 373

This is your only chance to collect your half price flight to the USA when you travel as a Cultural Care au pair in the next 12 months.

Go to www.culturalcare.com.au to reserve your seat!

HEALTH4LIFE CHALLENGE 2008

In 2007, Griffith established the Health4Life Challenge as an initiative to promote and encourage better health practices to secondary school students.

As 2008 is the Year of Physical Activity in Queensland schools, Griffith University is further committed to encourage students to learn about healthier lifestyle choices and simultaneously educate peers and community members.

This year the Health4Life Challenge will be held at Griffith University's **Logan Campus** on **Saturday 23 August**.

The Challenge seeks to provide participants with an opportunity to extend and express themselves through the development of a digital project and poster. The objective of the Challenge is to foster creative responsiveness and innovative thinking based on identifying modern day health issues and looking towards brighter healthier futures. Students can enter individually or in groups.

There are a range of cash prizes on offer for entries in Year Level categories, Poster category and the **School Prize Category**. Participants in the School Prize Category are required to develop a school project proposal based on a new and/or improved health initiative. This prize is valued at \$5 000 which will go towards implementation of the winning school project proposal.

In 2007, Kenilworth State Community College won the School Prize with its project titled 'Cycling for Health' which will see the construction of 'cycle' tracks around the school grounds. This bike track will ultimately extend a school program that involves underprivileged and 'at risk' students repairing and refurbishing unwanted and broken bicycles.

For more information:

Registrations are now open. For more information and to register student entries please visit the website at www.griffith.edu.au/health4life

For further enquiries ph (07) 3382 1244 or email health4life@griffith.edu.au

YR 12'S – TAKE NOTE UNDERGRADUATE MEDICINE & HEALTH SCIENCES ADMISSION TEST (UMAT)

Medicine, dental science and oral health undergraduate degrees at some institutions require applicants to undertake the Undergraduate Medicine and Health Sciences Admission Test (UMAT). Please note that UMAT2008 will be held on Wednesday, 30 July 2008.

Registrations open in April and close 5.00 pm AEST on Friday 5 June 2008.

Late registrations will be accepted until 5.00 pm AEST on Friday 20 June 2008.

The UMAT 2008 Information Booklet is available on the UMAT website.

Email: umat@acer.edu.au
Website: <http://umatweb.acer.edu.au>
Phone: (03) 9277 5746/5502
Fax: (03) 9277 5757

ARE YOU FINISHING YEAR 12 THIS YEAR OR NEXT YEAR? WERE YOU ISSUED WITH A QSA LEARNER UNIQUE IDENTIFIER (LUI) IN 2006 OR 2007?

Did you achieve a result for studies in 2006 or 2007 for music, drama, singing, dance or sports officiating from any of the following providers after you were issued with your LUI?

- Trinity College London (TCL)
- Swimming Queensland
- Royal Academy of Dance (RAD)
- Queensland Rugby Union
- Commonwealth Society of Teachers of Dance (CommDance)
- Cecchetti Society of Australia
- Australian Speech Communication Association Inc.
- Australian Music Examination Board (AMEB)
- Australian Guild of Music and Speech (Guild Music)
- Australian College of Music
- Australian and New Zealand Cultural Arts Ltd (ANZCA)
- Associated Board of Royal Schools of Music (ABRSM)

This result may be eligible for credit towards your Queensland Certificate of Education (QCE). To find out check the subject lists available online at <http://www.qsa.qld.edu.au/certificates/1083.html>. If you find the achievement on one of these lists take your award or certificate to your school administration and ask for it to be recorded in the QSA Student Data Capture System (SDCS) before Friday 30 May 2008. This applies to eligible QCE candidates with 2006 and 2007 results only. Other arrangements have been made for recording of 2008 results.

For more information contact your school administration or the QSA Recognition Unit by email recognition@qsa.qld.edu.au or 3864 0321.

NEW MENTAL HEALTH WEBSITE

Trying to locate your nearest public mental health service?

Want to get the latest news on Government mental health programs, policies and events?

Go to the new Queensland Health mental health website at www.health.qld.gov.au/mentalhealth

www.health.qld.gov.au/mentalhealth is a one-stop shop for all Queenslanders whether they are trying to locate a mental health service, need information on mental illness or are looking at working in mental health.

The web site also provides up-to-date information on mental health and wellbeing and information on the Government's mental health programs, including information on COAG mental health such as the Better Access and the Personal Helpers and Mentors programs.

HEALTH MATTERS

HEART HEALTH AND HEALTHY WEIGHT

The keys to achieving and maintaining a healthy weight are to enjoy healthy eating and regular physical activity. Some people think they are overweight when they aren't; others think their weight is fine, when it isn't. While you

can generally tell if you've put on weight by your clothes being tighter or having to loosen your belt a notch or two, this won't tell you if you are overweight.

The best way to find out if your weight is a health risk is to check with your doctor.

If you are already overweight, it is important to try and stop gaining more weight. This will help to reduce your level of risk.

If you can manage to lose some of the extra kilos then that will be even better for your health. However, even if you don't manage to lose any weight, what's important is being physically active, eating healthily and looking after yourself so that you can achieve the best health.

Carrying excess weight around your middle (being 'apple shaped') is more of a health risk than if your excess weight is on your hips and thighs (being 'pear shaped'). Key points for healthy weight loss:

- Healthy weight loss takes time - so give yourself time.
- Changes need to be for the long term - make changes to your eating patterns and physical activity levels that you can live with for the rest of your life.
- It's about you - make changes that suit you, not what suits someone else.
- Take small steps - don't try and do everything at once.
- Don't be put off by slow progress. You may lose weight one week, then go for a few weeks without losing any.
- Losing weight the healthy way is not about short-term diets or running marathons - healthy eating and regular physical activity are what count. Reducing the amount of time you spend sitting will also help.
- Forget the scales - your weight can go up and down from day to day. If you want to weigh yourself, try not to do it more than once a week.
- Measure your achievements in other ways rather than by how much you weigh. For example, whether your clothes are looser, whether you've cut down on the amount of TV you watch and whether you can do things without getting tired.
- Small amounts of weight loss, or stopping weight gain, will have a big impact on your overall health.
- Forget fad/crash diets - they may give results in the short term, but they generally don't help you keep weight off in the longer term. Some may even be harmful to your health.
- Seek advice and guidance - speak with your doctor, Accredited Practising Dietitian or a physical activity health professional about your weight.

Reference: www.heartfoundation.org.au

Cheers
Colleen Hunter

NEWS FROM THE CHAPLAIN



I would like to say a big hello to the RSHS community. I started as Chaplain at the start of this year and have enjoyed meeting many new people. This is my first time as a Chaplain, as I have been involved in the engineering field since finishing University (so this is a little different to my field of study!). Chaplaincy at RSHS is not my only job as I run a youth group

for my local church on Friday nights. I am also currently studying a Diploma of Youth Work.

The days I am at RSHS are Monday, Wednesday and Thursday. Feel free to contact me on those days to say hello or if you have any concerns.

BREKKY CLUB

Each Wednesday morning before school starts, a free breakfast is supplied. It includes toast, cereal, milo and juice. This program is provided by the YMCA and is based on Qld Health's *Smart Choices – Healthy Food and Drink Supply Strategy for Qld*.

YES WE CARE

Yes We Care is a day where the churches of Brisbane get together to serve the community. Volunteers from the churches will be available to do jobs such as clean up the yard, paint a fence, etc... a working-bee type of day. It will be held on Saturday 31 May 2008.

It is intended for anyone that needs a hand, especially for families & single parents that are having a tough time due to financial pressures, sickness or bereavement. Please contact me ASAP (to register) if you or others would benefit from this.

My direct phone number is 3340 0406 or you can leave a message with the office staff.

Adam Gallagher
Chaplain

COMMUNITY NEWS

'A SAFE START' DRIVING SCHOOL

'Success through Service'

Student Discounts, Gift Vouchers available.
For more information or to book a Driving Lesson contact:

Tai Reid
INSTRUCTOR

0438 818 720
(Office: (07) 3806 2007)

Email: tai@asafestartdrivingschool.com.au

