



The Rochedale

SENTINEL

Tuesday 13 November 2006

Number 14

FROM THE PRINCIPAL'S DESK

It was great to be welcomed back to the school last Monday after nearly nine weeks Long Service Leave. For those who are interested, the Mediterranean and Balkins were wonderful and the Barra in the Northern Territory were full of fight.

Annual School Opinion Survey:

Each year Education Queensland conducts a survey of staff, students and parents/care givers in all State schools. The results of this survey have just been released and I am delighted to report that across all survey dimensions (Student Outcomes, Curriculum, Teaching/Learning, Learning Climate, School – Community Relations and Resources) our students, staff and community members rated Rochedale High above or at State averages for all schools. Particularly pleasing were the responses to the following questions in which Rochedale rated Above State Average.

Parents

Your child is getting a good education at this school;
Your child is confident in using computer technology;
This school provides good learning opportunities for your child;

Students

The variety of activities available at the school;
Opportunity to get involved in school activities;
This school is a safe school;
This school is a good school.

The credit for this outstanding set of survey results sits with our staff – for their commitment to our students; our students – for the willingness, enthusiasm and application in all aspects of school life and our parents/caregivers for the support you provide to your students and our school. This survey data will also provide some broad input into our school's future planning.

Year 12 Graduation:

Our Year 12's leave us this week to enter their next stage of life. Many of them have spent the last five years at Rochedale High, whilst others arrived more recently. To each of them go our very best wishes and our hope that individually each of you become a Performer on Your Very Own Stage, Expressing Your Talents in Your Chosen Field.

Leaving us also will be a number of families who have had a long association with the school some extending 13 years and multiple children. Thank you for your support throughout your association with our school and please accept our communities best wishes for the future.

Finishing Dates:

Students are required to be in full time attendance at the school according to the following schedule:

Year 12:	Friday 17 November
Year 10/11:	Friday 1 December
Year 8/9:	Friday 15 December

Before leaving school this year, all students are required to:

- Return all school Resources and Textbooks
- Finalize all outstanding payments
- Complete a year level Clearance Form
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New Education Laws for Queensland:

A new single piece of legislation for the schooling sector commenced on 30 October 2006.

The new *Education (General Provisions) Act 2006* provides the legislative basis for a range of recent significant government reform initiatives that will have important implications for our school community.

Key aspects of the legislation include changes related to enrolments, transfer of student information between schools, compulsory school attendance and student behaviour.

Parents can learn more about these changes by viewing online at:

www.education.qld.gov.au/review

David McDonald
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

RESOURCE CENTRE

The end of the school year will be upon us shortly. Please help us by seeing that your students return all borrowed materials to the Resource Centre and Text and Hire Room. Sometimes it is useful to remind students that "lost" books may have fallen off the bookcase or be hidden under the bed!

The return of all resources will help us with the annual stocktake and enable students to have their clearance forms signed. Payment for items not returned will be required.

Thank you for your anticipated assistance.

Gail Clarke
Teacher-librarian

FUNDRAISER

Our school has registered with WILLIAMS The Shoeman to receive a \$5 cash back for the school for every pair of school shoes purchased at Williams between December 28, 2006 and February 16, 2007.

Please help support our school by asking the store to credit our school when you make your purchase.

SPORT NEWS



Queensland Junior Schools Cup Volleyball 2006

Congratulations to all students who competed at this year's competition. The tournament involved 186 teams from 65 Queensland state and private high schools. All teams were highly competitive in their age divisions. Teams can be entered in Honours (division 1), division 2 or division 3. Results and team members are listed below.

15year boys – 1st in Division 2 – Matt Coutlis, Ben Harrison, Morgan Williams, Jesse Lovett, Nathan Phipps, Brad Flavel, Cameron Gore, Shane Oliver, Ryan Hogan, Nathan Hartwell

15 year girls – 1st in Honours – Grace Leo (Most Valuable Player of the tournament), Jess Hamer, Carlysha Fakaosilea, Rachel Gulliver, Madelyn Ludwigsen, Jeannine Sonnekus, Jess Ryder, Colleen Hann, Whitney Roberts.

13year boys – 4th in Division 2 – Sam Whatley, Aaron Hartwell, Jason Harth, Brendan Bernard, Regan Jones, Gabriel Hijniakoff, Kenneth Roeser.

13 year girls – 13th in Honours – Tamara Waerea, Paige Ryder, Jess Bellert, Tiana Hosking, Zoe Grantham, Cassie Buckley, Leigh Alley.

Special congratulations go to the 15 yrs girls who are now ranked number 1 in Queensland and will be competing at Nationals in Melbourne from December 3 to 9.

HEALTH MATTERS

COUNSELLINGONLINE

CounsellingOnline at <https://www.counsellingonline.org.au/> is a new website launched today by Turning Point Alcohol and Drug Centre.

The site will support existing alcohol and drug counselling and treatment services by offering free text based confidential support and referral.

Completely secure, immediate and anonymous if preferred, this new service is particularly suited to clients not yet ready for face-to-face sessions, or who find it difficult to access services due to location or hours of work. Clients will be supported to discuss their concerns and then referred to on ground services as appropriate.

CounsellingOnline is staffed by trained counsellors and operates 24 hours per day, seven days per week. It can be used by anyone throughout Australia with a concern about their drug or alcohol use by people with concerns about people close to them.

- Live and immediate counselling via webchat
- Easy to use website
- Anonymous
- Confidential
- Free
- Available 24/7

[CounsellingOnline](#) is a program operated by [Turning Point Alcohol and Drug Centre](#). This initiative is funded by the [Commonwealth Department of health and Ageing as part of the National Illicit Drugs Strategy](#).

There are many local agencies who can help if you have a problem with Drugs or/and Alcohol.

For information contact your health nurse.

IT IS PREVENTABLE

Skin Cancer

There are basically 3 types of skin cancers, basal cell carcinoma(BCC), squamous cell carcinoma(SCC) and Melanoma, although some are not as dangerous or fast growing as others but all can be life threatening.

Current figures are 2 out of 3 Australians develop some form of skin cancer during a lifetime. This is the highest in the world. In Queensland roughly 1 in 35 will develop Melanoma (the most dangerous and fastest growing form of skin cancer)

See your doctor if:

A mole increases in size

The colour changes or is varies rather than uniformed

It is raised or develops a lump

Any change, check it out!!

The sun does not need to feel hot to damage your skin and eyes. The damage is done by ultraviolet radiation (UVR) which is not seen or felt.

Unprotected exposure to UVR can lead to sunburn, skin aging, and skin cancer as well as eye damage.

Best Practise

Stay out of the sun between 10am 3pm

Wear clothes that cover the skin

Wear a broad brimmed hat or legionnaires cap (a cap with back tail) and sunglasses.

Stay in the shade as much as possible

Low down on sunscreen

Choose a sunscreen that is water resistant

SPF 30 + (higher the better)

Broad spectrum sunscreens are better

Apply generously and evenly on clean dry skin, at least 20 minutes before going outside

Leave a light film on skin don't rub it all in

Reapply sunscreen every 2 hours (or more often if rubbed off or sweating)

Enjoy the outdoors with care!!!

Cheers

Colleen Hunter

School Health Nurse

POSITION VACANT

The P & C Association would like to call a special meeting on Tuesday 21 November 2006 at 7.00 pm to appoint an auditor for the 2006 Financial Report.

Marlene Protheroe
Secretary

UNIFORM SHOP NEWS

Uniform Shop Trading Days & Hours for 2007

Special days have been organised for the Year 7 Students wishing to attend our High School in 2007. The hours for these days are as follows:

Saturday 20 January – 9.00 am to 1.00 pm
Monday 22 January to Thursday 25 January – 9.00 am to 12.00 pm
Monday 29 January to Friday 2 February – 8.00 am to 12.00 noon
Friday 26 January – closed for Australia Day

Normal trading hours apply after these dates, they are as follows:

Monday and Wednesday mornings from 8.00 am to 11.00 am

These times will apply for the remainder of 2006 with the last day of trading being Friday 13 December 2006.

If you have any further inquiries regarding the uniforms please telephone the convenor during normal trading hours on (07) 3340 0405.

Thank you

Uniform Convenor