



The Rochedale

SENTINEL

Tuesday 16 September 2008

Number 13

FROM THE PRINCIPAL'S DESK

As you know our vision is *Performers for every stage expressing talents in every field*. While this is a statement of opportunity it is up to the individual to capitalise on opportunities. Many of our students are doing just that and excelling in the process.

Michael Jones Move over Casey Stoner – here comes Michael Jones. Michael has just become the Australian champion in the motorcycle road racing development series after a third placing in the final racing round at Philip Island on 7 September. He spent last week in country Victoria practicing on a Honda factory 125cc Grand Prix machine and will now be fully sponsored for the full 2009 season riding the 125cc Australian Championship series. What a fantastic achievement and one that has our recognition and full support.



Artwaves Last Friday evening Artwaves 2008 opened at the Logan Art Gallery. Artwaves is an exhibition of selected works in all media from Logan and surrounding high schools. Rochedale State High had five pieces chosen representing the works of seven very talented students, which is exceptional given the standard of works from which the panel had to choose. Congratulations to Renee Beddall, Lacey Waller, Eleni Morris, Cameron Bengtson on recognition of your artistic talent.

Please take the time over the next couple of weeks to visit the Logan Art Gallery and view the works of our students and those of students of the twenty-six schools chosen.

Flying High Rochedale State High student Travis Ebersohn was last night awarded first place in gliding at NATFLY. Travis is not only an accomplished pilot with nerves of steel as he competed against pilots who were considerably older, but also scored well for presentation, communication, attitude and in the written examination. Travis truly has brought credit to himself, his family and his school which exemplifies everything that Rochedale stands for. Great work Travis.

NAPLAN The outcomes of our first Year 9 National testing are due out this week and we are eagerly awaiting our results. It is anticipated that our students will perform well and I will communicate the results as they come to hand.

Holidays I don't need to remind you that the holidays are upon us and I wish all students and staff a restful and rewarding break. Please be aware that school resumes on Monday 6 October and that the student free day is not until the commencement of week three on 20 October.

Brian Forbes
Principal

MATHS NEWS

UNSW – MATHS ASSESSMENT - RESULTS

This year 151 students from our school participated in this event. We were awarded 14 Distinction, 45 Credit and 92 Participation Certificates. If your student entered, they will have received a Certificate of Merit together with a detailed analysis of their entry, which also indicates how well they went compared to other students in Qld. Distinction awards will be presented on parade while credit and participation certificates will be distributed in Maths classes. Congratulations to all students who participated. Distinction awards went to

Yr 8:-

Ainslie Morrison, Laura Mulheran, Michaela Van't Hag, Jessie Wilson, Ashley Bell, Conor McNaught

Yr 9:-

Ryan Choe, Bradley Lightfoot, Samuel McClary, Joshua Mulheran, Joshua Mills, Andrew Poxon

Yr 10:-

Zoe Grantham

Year 12:-

Reuben Chant

NEWS FROM THE ARTS

IMPORTANT DATES FOR MUSIC STUDENTS/BANDS

Term 4 is very busy for our Music students, please make note of the following dates.

13th October extended rehearsal for Concert Band 8:00am-11:00am
14th October Musicfest Competition Concert Band 6:20pm
Iona College
85 North Road
Lindum (Wynnum West)
UBD ref 142 P17

Arrive at Iona College no later than 5.20 pm for rehearsal and set up.

Uniform is white polo shirt with collar, Black pants or skirt, black socks and black shoes. Students should wear their Concert Band name badges to be allowed backstage. Performance will be on time at 6.20 pm and after that, students may elect to leave or stay to see other bands perform. Music Captains will be expected to stay until the end of the section to represent our School in the awards ceremony.

17th October Maestro Instrumental Evening 7:00pm
21st October Cultural Awards PAC 7:00pm
28th October Awards Night Hall
30th October Combined Schools Band Tour to Primary Schools
1st November Musicfest Competition Stage Band Calamvale College (time to be advised)

NEWS FROM THE ARTS - BUDDING STUDENT ARTISTS

This month and next (September 12 to October 11), seven students from Rochedale State High School will have artwork on display at the Logan Art Gallery as part of Artwaves 2008 (Logan and Adjacent Areas Secondary School Art Exhibition).

The students involved include:

Lacey Waller (12)	Elaine Chow (8)
Renee Beddall (12)	Jonathon Forrester (8)
Eleni Morris (11)	Cameron Bengtson (8)
Tessa Haywood (10)	

Congratulations to these talented students and keep up the good work!!



CULTURAL AWARDS

The Arts Faculty annually celebrates and acknowledges student participation in our many programs. This year the Cultural Awards evening will showcase the excellence achieved by many of our Music, Dance, Drama and Film students. Students who participated in the following activities are eligible to receive an award, invitations will be distributed early in Term 4.

Creative Generation
XLD
Music Maestros
Under 8's
Combined Band-Rhapsody 4
Concert Band
Stage Band
Roadies
Dance Workshops at Primary School
Hype Dance
Mentors for Smart Arts Day

Date: Tuesday 21st October
Time: 7:00pm
Place: PAC
Dress: Full school uniform

GUIDANCE NEWS

GET INTO UNI NOW

How would you like to enjoy your summer without the worry of a university placement hanging over your head? Australian Catholic University's Early Achiever's Program gives you the reassurance of a place at a great university as early as December 2008, while everyone else plays the waiting game.

Because we know you're worth more than just your score, we are looking for well-rounded applicants, who are involved in their communities and have shown the potential to achieve great things.

But hurry! Time is running out. **Applications close 6 October 2008.**

For eligibility and how to apply visit:
www.acu.edu.au/earlyentry

ATAE OPEN DAY – Training for Aircraft Maintenance Engineers – Saturday 25 October 2008

ATAE - Hangar 1, Beatty Road, Archerfield Aerodrome
Archerfield
Saturday 25 October 2008 at 9.00 am

ATAE are holding an information and enrolment day to provide an insight into Aviation Engineering Careers and our courses commencing in January 2009.

Interviews and aptitude testing will be conducted at ATAE on the day for those candidates interested in applying for the courses next year. Please bring along your resume for an interview with Mr Shane Rochford, our Assistant Manager and Mr Mark Morton, our Training Manager.

Expressions of interest or enquiries with regards to this session, please contact us on 07 3277 7227 or email enquiries@atae.com.au before 22 October. If you are unable to attend this particular session, please contact us and alternate arrangements can be made.

BBQ Snacks will be provided.

We look forward to being of assistance with your aviation career.

2008 QUT 'STUDENT WITH POTENTIAL' AWARD

"Queensland University of Technology, believes that every capable student should go to university at some time in their lives. As well, they believe that most students have the capabilities for post-school study, if they get the right encouragement and advice, and if they work hard.

Three of our year 10 students received a special award from QUT, called the 'Student with Potential' award. This award recognises students who have the potential to undertake post-school study such as university. Congratulations Sarah Wood, Deanne O'Callaghan and Mason Spencer.

The University hopes that our award winners, and all the other students with potential will feel encouraged to consider going to university as one of their options.

This year's winners received a certificate and a \$100 gift voucher. As well, the University invited them and their parents/guardians to attend a special luncheon at QUT on September 14 to celebrate their achievement".

NEWS FROM THE CHAPLAIN

FAR OUT!
A benefit show for Cambodia

UPSIZED
SCRECH
FRANCIS
Falling Short
DEXTORS CONSCIENCE
+ more entertainment!

FRI 19th SEPT
\$15 tix FROM 6PM ALL AGES
All proceeds go to the building of a dormitory in Cambodia

AT RLC!
Redeemer Lutheran College
745 Rochedale Road, Rochedale

FREE FOOD & DRINK

FAR OUT!

Is a benefit show for a team from Redeemer Lutheran College who are going on a serving trip to Cambodia. This show will feature 6 bands, cost \$15 and starts 6pm. It is an all ages gig and all proceeds will go to the building of a dormitory in Cambodia.

SU-SCHOOLIES

SU Qld run Schoolies events that are action-packed, sleep-deprived and 100% drug-and-alcohol free. For more information check out <http://www.su-schoolies.com/2008/>

HOLIDAYS

My hope and prayers are for the RSHS community to enjoy a safe and happy holiday period. I will be trying my best at

wakeboarding on the Outbreak Somerset camp with some students from RSHS.

Adam Gallagher

HEALTH MATTERS

Diet plays an essential role in helping to keep your child's teeth healthy. While Australian children generally have good oral health, in recent times there has been an increase in the dental decay rates being experienced by children, when compared to the 1990s.

Acid:

- Many drinks that are high in sugars are also acidic – that is, they can have an erosive (damaging) effect on your child's teeth.
- Soft drinks, sports drinks and energy drinks, along with fruit juices and cordials, often have high-acid levels, and can play a major role in the development of tooth erosion.
- Dental erosion is a silent epidemic. These drinks should be limited.
- If only bottled water is available, this is much better than drinking sugary and acidic drinks, though it's important to remember that it doesn't contain fluoride, which helps to protect and strengthen teeth against dental decay.

The Australian Dental Association (ADA) recommends the following guidelines if consuming acidic drinks:

- Avoid holding or 'swishing' high acid drinks around the mouth as this increases the likelihood of dental decay and tooth erosion
- Use a straw when drinking soft drink and juices as much as possible to minimise the acid exposure to teeth
- Chewing sugar free gum can stimulate saliva flow and wash these acids away
- After drinking acidic beverages, don't brush your child's teeth right away – brushing can remove the softened tooth layer (resulting from the acidic exposure), increasing the amount of tooth loss. Wait one hour before brushing teeth. Instead of brushing, rinse with water – this will help remove any acids remaining in the mouth

Australian Dental Association recommends

- Brushing your teeth twice a day. Brushing your teeth removes the sticky white plaque from your teeth and fluoride helps prevent decay or holes in your teeth.
- Flossing your teeth is really important, and you should do this once a day.
- Children who have regular check-ups (once a year) tend to have fewer dental problems.

www.australiandentalassociation.com

Colleen Hunter
School Health Nurse

COMMUNITY NEWS

SUNNYBANK BRASS IS RUNNING SCHOOL HOLIDAY BRASS AND PERCUSSION WORKSHOPS. Receive specialist tuition on your instrument, make friends and have fun playing exciting music.

DATES: Monday 29 September to Wednesday 1 October

TIME: 9.00 am – 3.00 pm

WHERE: Sunnybank Band Hall, Padstow Road, Sunnybank. (part of the Rugby Union/Netball complex)

COST: Members FREE, or else \$10/day. Should you elect to become a member of our organisation before 31/10/08, any fees paid for the workshop will be offset against membership fees.

AGES: 10 YEARS AND UP

BRING: Morning Tea, Lunch, Water, plastic sleeve display book for sheet music.

INSTRUMENTS: Bring your own instrument otherwise instruments provided for early bookings.

For further enquiries and to book your place please contact the Secretary on 3273 6038.