



The Rochedale

SENTINEL

Tuesday 17 March 2009

Number 3

FROM THE PRINCIPAL'S DESK

It is always nice to be able to deliver good news to the school community and this week we have received two excellent pieces of news.

Rochedale High has been successful in Round One of the Federal Government's **Trade Training Centre in Schools Program**. Our school as part of a cluster with Springwood High has been funded \$1.38 million (GST exclusive) to construct a new Trade Centre. The 600 sq metre state of the art Metal Fabrication and CNC Machine shop will deliver Certificate III programs to our students as well as other state and non state students and tradespeople from the Rochedale/Springwood area. The centre will house two classrooms, a design centre and a number of training areas and will operate in a consortium with Industry partners, Industry placement services and training organisations. It will provide an outstanding community resource for our region. We congratulate Jasen Johnson, HOD Technology and his team for the successful application.

This week we were also successful in Round Two of the Queensland Government's **State Schools of Tomorrow Program**. Funds have been made available for an extensive upgrade of the four Science Laboratories and Mr Sparks, HOD Science should be congratulated for his successful application.

These two major projects combined with the recent extensive upgrade of our computer capabilities and the expected funds that will soon be made available through the **National School Pride Program** will mean that facilities at Rochedale High will continue to improve at an amazing rate.

Well done to the Student Council who combined with the "Student Voices Committee" to celebrate **International Women's Day**. Their free dress day collected \$740 for the Women's Hospital in Addis Ababa and \$200 for the Australian Leukaemia Foundation through Colour for a Cure activities.

Congratulations to the Rochedale High students who have been successful in being selected in **Metropolitan East Sports teams**. Three touch footballers, four volleyballers

and two cricketers will represent Rochedale at State Titles later this semester. With Basketball, Rugby League, Rugby Union and AFL still to be selected, our students continue to uphold our excellent sporting contribution to Met East sport.

Interim Reports will be posted home to parents/caregivers on Friday 27 March 2009. With the reports will be interview sheets

for the **Parent-Teacher Night** on 7 April, where parents can request the teachers that they would like to see with an indication of the best times for their interviews. It is up to individual students to present this sheet to their teacher and have the times signed off. Each interview will be 10 minutes in length and will run from 3.30 pm – 7.00 pm in the Communications Block and the Resource Centre.

The interim reports indicate progress, effort and behaviour ratings and offer advice on whether the teacher specifically requests an interview with parents. All parents however are welcome to book interviews as it is an integral part in building a strong relationship between parent/teacher and student.

Recently we have been contacted by a number of parents and local community members about matters of **road safety**. Students are reminded that if buses drop them off on the northern side of Priestdale Road they are required to walk down to the crossing to enter the school. Bike riders are required to wear helmets and when crossing outside Redeemer College need to get off their bike and walk it across the road.

Finally students are reminded that it does not matter if they are on public transport, walking home or in local businesses when they are in our uniform, they represent us and their appearance and behaviour needs to be of a standard that brings credit to themselves, their family and the school.

Peter Peisker
A/Principal

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

COMING EVENTS

17 March	International Students' Excursion FUTSAL Competition – District level. Year 8 Immunisations – HPV Dose 1, Hep B Dose 1
19 March	District Chess Competition
27 March	Term 1 Reports posted to parents.
31 March	School Cross-Country
7 April	Parent-Teacher Night
9 April	Last Day of Term 1
21 April	First Day of Term 2

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.

PUBLIC TENDER

CLOSING DATE: 31 March 2009 as is:
Item 1 – Hansa Chipper Model C13 PTO Drive
18 months old
Item 2 – Superior Offset Slasher
Age - unknown
Place offers in an envelope – marked 'CONFIDENTIAL – OFFER FOR ADVERTISED ITEM' then drop them into the School Office or post them to Rochedale State High School PO Box 3340 Logan City DC 4114

AGRICULTURAL SHOW TEAM FUNDRAISER



The Agricultural Show Team is taking part in the Farm Pride Eggs Collectathon. Every token collected from specially marked cartons of Farm Pride Eggs earns the Show Team 50c. Tokens can be placed in the collection box in the Science Staffroom. This fundraiser will run throughout the year until the end of November 2009. So get cracking!

FROM MANUAL ARTS

The Manual Arts Department is asking for the donation of any old bed sheets, t-shirts or rags that can be used by our students towards the clean up of glues etc. on projects. These can be brought to the manual arts facility at any time. Thanks.

Jasen Johnson
HOD Manual Arts

GUIDANCE NEWS

FREE RESOURCE TO HELP MAP YOUR LEARNING PATHWAY!

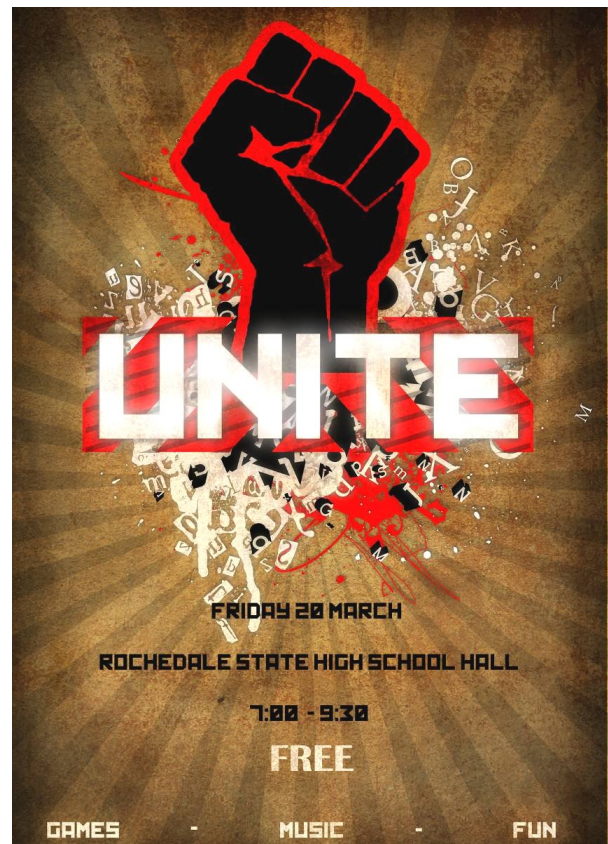
A new brochure for school students, guidance officers, parents, university graduates and people of all ages interested in learning, working, choosing or changing careers is available from TAFE. The 'More possibilities for more people' brochure has a map of all your different options with real-life stories to help navigate your way. Order a hard copy now from the TAFE website www.tafe.qld.gov.au under the 'publications and guides' link or phone your local TAFE institute.

Corinne Neilsen
Guidance Councillor

CHAPLAIN NEWS

This Friday night is **Unite!** Local youth groups will be joining together and coming to RSHS Hall. It's free and open to all high school students. Bring some \$\$ to buy some food and come along and have great fun.

This night will be an opportunity to experience what youth groups are about – great times with friends, random games & the chance to explore life, faith and God.





GENTS camp is coming up for Grade 8-10 guys! It stands for **Grade Eight Nine and Ten Supercamp**, for guys only! It is six days full of cool activities like Laser skirmish, cable water skiing, arcades, indoor rock climbing, mini-golf, tubing, spotlight, swimming, cool music, the beach and lots more! Plus, we'll ask the big questions about God and the universe! Here are the details:

GENTS Camp - Easter - Grades 8 – 10 (Guys only)
 Tues. 13th April to Sat. 18th April 2009
 Cost: \$220.00
 Teen Missions Campsite, Tewantin
 Enquiries: Dan Foster – 0402 300 280
 Enquiries: gentscamp@suqueensland.org.au
 Applications to: GENTS Camp,
 301 Mt Warren Blvd, Mt Warren Park, QLD 4207

Looking forward to seeing you soon!
 Dan Foster
 Camp Director

For more information about UNITE or GENTS camp, please feel free to contact me. My days at RSHS are Mon, Wed & Fri.

Adam Gallagher
 Chaplain
 3340 0406

HEALTH MATTERS

REMINDER TO ALL PARENTS THAT IF YOUR CHILD IS DIABETIC OR EPILEPTIC, PLEASE MAKE SURE THE SCHOOL IS AWARE.

WOMEN'S HEALTH

Friday 6th March is International Women's day lets turn that around and make March the must do something for a **Women's Health Month**.

The challenge is to do at least one of these things this month (more is better).

- Have a check up – go to a GP. These are the recommendations
 - Include blood pressure check
 - Mammogram – Every 2 years over 50 years, or earlier if at high risk ask your GP
 - Bone Density – Establish a baseline during your 40's or as required by doctor
 - Eye Exam – Every 1-3 years over aged 3years until 65 then yearly
 - Pap Smear – Every 2nd year after aged 18 or two years after sexual activity – check with your GP
 - Cholesterol Test – Every 5 years or GP recommendation
 - Skin Check – Self checks all the time – yearly medical check over 40yrs
 - Clinical Breast examination – Every year over 40yrs
 - Teeth and Gums – See your dentist once a year or if more if recommended by Dentist.
- Eat 2 fruits and 5 vegetables a day
- Exercise for 30 minutes a day at least 5 days a week
- Measure your waist - if you are more than 80cms (for men it is 94cms) then you need to look at your diet – start with just one thing each week (eg. Change to skim milk, only use low fat dairy options, eat lean meat, take the skin off

the chicken, add vegetables or salad to every meal, drink water at least 6 -8 glasses a day)

- Be sun safe Slip, Slop, Slap and Wrap
- Don't skimp on sleep aim for at least 7 hours a night
- Give up smoking
- Have 2 alcohol free nights (at least) each week, keep alcohol to a limit of 2 standard drinks on any night is recommended. (standard drinks include 1 light beer, (340mls) 1 spirit nip, (30mls) 1 glass of wine (150mls))

The best one of all is Laugh!!! - enjoy a joke, watch a funny show, and/or share a moment with friends or family.

WORLD KIDNEY DAY

Our kidneys are responsible for keeping our blood clean and chemically balanced. Each day, our kidneys sift out almost 2 litres of excess water and waste products from our blood stream. The wastes are natural by-products from the foods we eat. If they were to build up in our blood, they would damage our bodies badly.

13th March 2009 is World Kidney Day. It encourages people to learn more about the amazing job their kidneys do and raises awareness of the fact that kidney disease is common and harmful, but also treatable.

Kidney Facts in Australia

- 1 in 3 adults are at increased risk of developing CKD (chronic kidney disease)
- 1 in 7 adults have at least one sign of existing CKD
- Approximately 2 million Australians may be affected by early-stage kidney disease and don't know it
- Over 40 Australians die of kidney failure each day
- 11.3% of all deaths in Australia are due to, or associated with, kidney failure every day, 6 Australians commence expensive dialysis or transplantation to stay alive.
- The dialysis-dependent population has risen by an average of 8% per year over the past decade, and is being fuelled by the ageing population, and Type 2 diabetes epidemic
- It costs approximately \$60,000 per annum to keep a person alive on dialysis

What can I do to keep my Kidneys healthy?

- Limit alcohol
- Don't smoke
- Enjoy life
 - Have less stress in your life.
 - Do the things you love.
 - Spend more time with people you enjoy being with
 - Balance the load
- Quench your thirst
 - While it's long been thought that 6-8 glasses of water per day is beneficial to health, there is no evidence to suggest that drinking in excess of thirst has any extra benefits. So, use your thirst as a guide.
- Tips for drinking:
 - Make water your tippie of choice.
 - Water assists in transporting nutrients around the body, as well as helping to eliminate waste. It contains no kilojoules, and in most areas of Australia, tap water has the added benefit of fluoride, which protects your teeth from cavities.
 - Limit your intake of caffeine and cola. These can irritate the bladder and can act as a diuretic.
 - Instant coffee has less caffeine than espresso or percolated coffee, while tea has less caffeine than coffee.

Visit www.worldkidneyday.org to learn more about kidney disease, World Kidney Day events in your area, and to take the test to see if you're at risk.

Colleen Hunter
 School Health Nurse

COMMUNITY NEWS

SOUTHERN CROSS CULTURAL EXCHANGE, Southern Cross Cultural Exchange, an Australian not-for-profit organisation specialising in international student exchange programs, is seeking volunteer host families for high school students scheduled to arrive in Australia in July 2009 from Germany, Italy, France, Holland, Austria, Spain, Sweden, Norway, Denmark; Finland, Japan, Brazil, Canada and the USA. Host families can choose from students staying for a range of either 3, 5 or 10 months and they all attend local high schools whilst they are in Australia. The main purpose of cultural exchange is to challenge youth towards international understanding and tolerance, encourage further learning, self knowledge and awareness - invaluable characteristics in today's world. We organise all the flights, school enrolment, transportation, insurances and support systems.

To enquire, call Southern Cross Cultural Exchange now toll free on 1800 500 501, **visit** www.scce.com.au or **email** scceaust@scce.com.au

WORLD EDUCATION PROGRAM AUSTRALIA (WEP) is now accepting applications for students to travel overseas in 2009/10 as exchange students for a summer, semester or year.

Give your child the opportunity to gain international experiences and foreign language skills to kick-start a future career.

Along with distinct foreign language is not for your child, programs are available to the USA, Canada, Ireland, UK and even English-speaking Ghana.

Attend one of WEP's information evenings in Brisbane on 7 April or 12 May or go online at www.wep.org.au to find out more about WEP's academic programs and your opportunity to host an international exchange student. WEP is a not-for-profit student exchange organisation registered with the education departments and opened the door for thousands of students, providing them with a rewarding and successful future through education abroad.