The Rochedale

SENTINEL

Tuesday 18 March 2008 Number 3

FROM THE PRINCIPAL'S DESK

Year 8 BBQ

I was grateful for the opportunity to experience the Year 8 Parent Evening last week. The atmosphere was very much like a family gathering with students, parents and teachers enjoying a meal and talking about our young people, the school and our plans for this year. The level of attendance by both parents and staff is a clear indication of the value this school community places in education, and the relationships formed will support us to assist each student to achieve to their potential.

National Assessment Program

For the first time in 2008, Queensland Year 9 students will take part in the National Assessment Program - Literacy and Numeracy.

The program will run over 3 days, at school from 13-15 May. A series of tests will assess the areas of:

- Language conventions and writing including spelling, grammar and punctuation on 13 May
- Reading on 14 May and
- Numeracy including number, measurement, chance and data, space, working mathematically, algebra function and pattern on 15 May.

Results from the tests will provide important information about your child's progress in literacy and numeracy. Following the tests, the school and students will receive a statement of performance in relation to the national benchmarks.

We will be providing students with preparatory work both prior to and after the April holidays and ask that you support your young people and the school throughout the preparatory and test phases.

Inappropriate use of U-Tube

It has been brought to my attention that U-Tube is being used by students to denigrate students and teachers in some schools across the State.

Students at Rochedale High are in my brief experience, respectful of their peers and teachers. My purpose in raising this matter therefore, is to draw your attention to the issue with the expectation that we will avoid the unnecessary toll on individuals who are targets of this form of abuse.

Clearly unacceptable behavior will not be tolerated and will result in significant consequences in accordance with our Responsible Behaviour Plan.

Triennial School Review

2008 is a review year for Rochedale State High School and as such we will be looking back over our progress during the past three years and establishing our strategic direction for the next three years.

Staff, students and parents will be involved in a variety of roles in both the review phase and the formulation of our plan. Your engagement in these processes will ensure that Rochedale State High School continues to deliver a quality education while continuing to meet the needs and expectations of this community.

Brian Forbes
A/Principal

STUDENT EXCHANGE AUSTRALIA

BRING HOME A BROTHER OR A SISTER

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

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

GUIDANCE NEWS

MT GRAVATT PCYC: Mt Gravatt Police-Citizens Youth Club (PCYC) is proud to inform all Primary and Secondary schools of our **National Youth Week Events** being held in April. The National Youth Week Events aim to engage, motivate and inspire the youth of Brisbane.

The specific event that I would like to inform you about is the Hip Hop Dance Revolution, which will take place on Friday 11 April at Sunnybank High School Hall from 4 pm – 7 pm.

Hip Hop Dance Revolution includes a Junior Hip Hop Dance Competition along with Hip Hop Dance and Krump Showcases by local senior groups. There will also be a Jam session for ALL dancers; presentations and awards; food, drink, merchandise and information stalls for everyone to access.

We are currently seeking young talent to enter the Junior Hip Hop Dance Competition, which has free entry for competitors; and contains great prizes by local hip hop and youth based companies. The competition has two divisions: Division 1 – 5 to 11 yrs; Division 2 – 12 to 17 yrs old.

STEP TO THE FUTURE YOUTH FORUM

On Friday 7 March I had the pleasure of the company of 30 students from yrs 10, 11, 12 and Mr Crase at the 2008 Step to the Future Youth Forum. The Step to the Future Foundation Forum was supported by QUT so that the foundations message of "going for your dreams and reaching your potential" reached as many students as possible.

The day held presentations by Speakers:-

- Robyn Moore – a multi skilled communicator, the National patron of the Make a Wish Foundation who gave us an "extra-ordinary" presentation.
- Armondo Hurley – singer actor songwriter and producer who has worked with Tina Turner, Jimmy Barnes, Diana Ross and Joe Cocker. Armondo through humour is dedicated to encourage youth to reach their potential.
- Barbara Holborow – was a Children's Court Magistrate, who is an outspoken commentator on the rights of young people. She received an OAM for her work with the welfare of children.
- Eric Bailey – no stranger to Rochedale High! He is a former NBL professional basketballer who grew up in the tough 'hoods' of South Central Los Angeles. Eric delivered a highly entertaining presentation drawing upon his wealth of experience from elite sports and life experiences to address youth self esteem and goal setting.

A most inspiring and motivating set of speakers!

UQKIDS 'SCHOOLS OUT' AUTUMN HOLIDAY CLINICS

The UQKids 'Schools Out' clinics will take place over the April Holidays at the University of Queensland.

Sport Clinics at UQ from April 7th – 11th

Rowing: The Learn to Row clinic is designed to introduce beginners to rowing and water safety. During the sessions students will learn the basic rowing stroke, gain knowledge of rowing terms and establish basic boat control. In addition students will learn basic water safety, whilst having fun on the Brisbane River. Participants must be able to swim 100m confidently.
Ages 14 – 17.

Athletics: Speed is an essential component of all sporting activities, from netball to softball and soccer to rugby. With correct instruction and skill activities speed can be enhanced. This clinic is designed specifically with secondary students in mind and runs over three days. Athletes will receive expert coaching from experienced sprint coaches in specific speed enhancement drills and activities with testing, evaluation and video analysis to promote acceleration, maximum velocity and power. Suitable for ages 12 - 17 years.

Cross Country: The Secondary Cross Country Clinic will provide a variety of training stimuli including steady runs, hills, surges, speed and track sessions. Athletes receive expert coaching from experienced distance coaches in specific Cross Country training, testing and video analysis of technique over three days. Suitable for ages 12 - 17 years.

Tennis: At the UQ SPORT tennis clinics experienced coaches provide players with the skills and techniques needed to improve their game. More advanced players will also learn how to develop key match play strategies.
Ages 12 – 17.

For more information and to enrol, visit
www.uqsport.uq.edu.au/uqkids or contact UQ SPORT on (07) 3365 6612.

HEALTH MATTERS

National kidney day 13/3/08

KIDNEY HEALTH AUSTRALIA

Your kidneys are major organs of the body that filter waste from the blood, remove extra water from the body, keep the proper balance of salts and acids in the body and produce hormones. When the kidneys are not working properly, excess waste remains around the body, other areas of the body become unbalanced (such as blood pressure and red blood cell production) and kidney failure develops. Without kidney function, you can become very ill.

Did you know that **one in three** Australians is at risk of kidney disease? Did you also know that you can lose up to 90% of kidney function before symptoms occur? As many as 2.3 million Australians may be affected by early-stage kidney disease and not even know it!

So how can you keep your kidneys healthy?

SMOKING – if you don't smoke, don't start. If you do, quit! People who smoke are three times more likely to have reduced kidney function. Call the Quit line on 131 848 for help.

LIMIT ALCOHOL – Excessive alcohol intake can lead to heart disease and high blood pressure, increasing the risk of kidney disease. Limit alcohol intake to two standard drinks per day for men, and one per day for women.

NUTRITION – People who are overweight are at an increased risk of developing diabetes and high blood pressure - major risk factors for kidney disease. So eat lots of fruits and vegetables, lean meat at least once a week, reduced fat/low fat dairy products, and limit your salt intake and the amount of fried and fatty foods in your diet.

QUENCH YOUR THIRST WITH WATER – Water assists in transporting nutrients around the body, it helps to eliminate waste products, and it contains no calories! Avoid soft drinks as research in the US has shown that one drink containing sugar each day has been associated with an 80% increase in the risk of acquiring diabetes. Caffeine and cola beverages can also irritate the bladder and act as a diuretic (makes you go to the toilet more often) which can make you dehydrated.

(Source – Kidney Health Australia
http://www.kidney.org.au)

FRIENDS PROGRAM

Rochedale State High School will again be offering selected Year 8 students an 8 week course called FRIENDS. High school life can be very stressful for some students. The FRIENDS course teaches young people positive ways to deal with stress.

We will be doing a survey of all Year 8 students in order to find out which students will benefit most from the course. The survey asks a series of questions such as how often a person experiences worry, or how often they feel shaky when speaking in front of a class.

Should your child be selected we will contact you with more information about the course.

If you do not wish your child to participate in the survey or have any questions about the survey or the FRIENDS course please contact the Guidance Officer/ School Health Nurse.

Colleen Hunter
School Health Nurse
Rochedale SHS

COMMUNITY NEWS

AFFORDABLE DRIVING
L *SCHOOL* L
Professional Friendly Instructors
Male/Female Instructors
Dual Controls
Modern Vehicles
Auto and Manual Vehicles
High Pass Rate
All Suburbs

Phone: (07) 3863 1399
Mobile: 0418 785 677