



The Rochedale

SENTINEL

Tuesday 18 September 2007

Number 11

FROM THE PRINCIPAL'S DESK

EARLY ADMISSION TO UNIVERSITY 2008: Rochedale High is proud to be associated with the Griffith University Connect-Valued Partner Program. As part of this program our Year 12's are eligible to apply for Partner Scholarships and early entry to identified university courses. Whilst under the terms of our agreement with Griffith University, we are entitled to support three Year 12 applicants this year. The school was able to submit four applicants due to the high quality of the applicant pool at our school. I am pleased to be able to report the following outcome:-

Year 12 Student	Early Admission Course	Scholarship Outcome
Catherine Kurth	Bachelor of Business/Bachelor of International Business	To be considered in December
Matthew Rentz	Bachelor of Engineering/Bachelor of Science	To be considered in December
Angela Smith	Bachelor of Law/Bachelor of Business	To be considered in December
Bryce Walker	Bachelor of Exercise Science	To be considered in December

Our congratulations to these students on their successful early university entrance and our best wishes for their scholarship outcome in December.

YEAR 12 FORMAL:- The Yr 12 Formal is scheduled for Thursday 18 October. All eligible students have been provided with their invitations and I look forward to sharing a great evening with them.

STUDENT DRESS AND APPEARANCE: Our students are to be commended for the manner in which students have been presenting themselves both at school and in public. To this end, please remember that the P & C approved additions to our uniform policy regarding students' hair. This policy is provided below for your information.

"Hair should it be kept neat and tidy, be of a single colour (preferably natural) and should not draw undue attention to an individual. In particular areas, Workplace Health & Safety standards may require students to tie back their hair and wear a hair net".

The school has been working with students this term regarding the implementation of this policy which will come into full effect from the commencement of term 4.

EXPANDING OUR CURRICULUM OFFERINGS: 2008 will see the expansion of our vocational education offerings in years 11/12. In achieving this, the school has forged strong relationships with Metropolitan South Institute. In 2008, the following nationally certified vocational programs will be available through Rochedale High:

- Certificates I - IV in Music Performance
- Certificate II – Hospitality Operations (Front of House)
- Certificate II – Hospitality Operations (Kitchen Operations)
- Certificate I – Engineering
- Certificate II – Landscaping and Horticulture
- Certificate I – Information Technology
- Certificate II – Information Technology
- Certificate II – Manufacturing Technology
- Certificate II – Business

This expansion of our Vocational Education offerings is due to the foresight and hard work of our staff. I am confident that our students will benefit from this work.

STARTING UP TERM 4: Please note that there is no student free day at the start of term 4, as such all students commence school on Monday 8 October. The student free day for term 4 is Monday 22 October to align with verification meetings for our Year 12's.

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)

FAREWELL

International student, Carlo Ferrero, will leave us at the end of this term and return home.

Carlo is a Study Abroad student who has spent the last term participating in our school life and learning a little Aussie culture. He is one of two students currently studying with us from Italy. CIAO Carlo, we hope you take home wonderful memories of Australia and in particular, Rochedale High.

QCS TIME



After six long months of preparation, our Year 12 students finally sat for the Queensland Core Skills Test on Tuesday 4 and Wednesday 5 September. After a hearty breakfast provided by the Year 11 Hospitality students, our Year 12s, armed with their equipment packs (prepared and sold by the Year 10 BIT classes), sat down to two long days of state wide testing.

The skills the students had acquired through the Mighty Minds sessions, were finally put into practice. Comments from the students indicated that they were well prepared and at ease with the whole concept, yet glad it was over!

Mrs Moore
HOD (Senior Schooling)



FROM THE RESOURCE CENTRE

CHESS SETS

Are there any chess sets out there needing a new home? This year we have more students than ever keen to play chess but we don't have enough sets for them in the Resource Centre. Any donations of chess sets would be greatly appreciated.

Kerryn Shaw

INFORMATION COMMUNICATION TECHNOLOGY NEWS

Rochedale SHS will be joining the Education Queensland mandated Managed Operating Environment in the first two weeks of term four. This is a standard network that will be uniform across all Education Queensland schools by 2008. All servers and desktops will be wiped and rebuilt by Education Queensland technicians and the schools network including admin will be down for up to two weeks. Students are encouraged to back up their data to a USB device or ask for a disk and make note of their account details such as printing credit before the holidays.

Teachers have already started planning to accommodate this unfortunate disruption.

Following this, all student logins will be managed centrally by the Education Queensland network and will be standardized with their current MIS internet login. Their passwords will be reset and will have to be changed regularly.

The school has upgraded all switches and wiring, increased the schools internet connection speed, purchased two new servers and updated a number of software licences.

Hopefully this significant investment will lead to a larger and faster computer network for Rochedale SHS and its students.

NEWS FROM SPORT

ANOTHER ROCHEDALE SPORTING SUCCESS

Congratulations to the Under 15 Touch girls who won the South Queensland Border District U15 Championships held on Monday 10 September. This championship comprised of teams from the Gold Coast, Brisbane South and border districts. The girls were convincing winners on the day beating Coombabah 7 - 2 in the final.

The other results on the day were

Elanora – 6 – 4
Helensvale – 6 – 5
Trinity – 11 – 0
Emmanuel 6 – 3 (semi final)

The attacking prowess of the girls was spectacular scoring a remarkable 36 tries during the carnival. This included two length of the field intercept tries and a team try involving at least 6 sets of hand to score a brilliant team try.

The champion girls were:

Bonnie Sleeman
Brianna Bonney
Brianna Milne
Claire Stewart
Jessica Wallace
Ngahua Thompson
Rachelle Eagle
Robina Thompson
Sam Hilster
Sarah Crosse
Sophie Smith
Stevie-Lee Thompson
Whitney Roberts

Congratulations girls on a fantastic performance and good luck in the up and coming Schools cup in October.

Ms Bauer



GUIDANCE NEWS

Part-time work is available through

Bunnings Underwood – see Ms Neilsen for application.

Coles – apply online
www.colesgroup.com/careers-jobnumber25741

City Beach – www.citybeachsurf.com.au

BCF – contact via website
www.bcf.com.au/careers

GRIFFITH UNIVERSITY – JOURNALISM COMPETITION FOR YR 11 & 12 STUDENTS.

Griffith University, The Courier Mail and Nova 106.9 have teamed up to give year 11 & 12 the opportunity to show us what they can do. Students have a chance to get their first byline on couriermail.com.au awesome work experience with the Nova news team and win a fantastic laptop.

All they have to do is write a short article (no more than 400 words) about something they believe is a 'big issue' that could be about global warming or drugs in sport or even Lindsay Lohan's crazy ways will get people reading. The deadline for submissions is Friday October 19.

To enter students can simply visit www.biggerpicture.edu.au and go to the Journalism page to upload their article.

ATAE AIRCRAFT MAINTENANCE ENGINEER OPEN DAY

ATAE Enrolment and Information Day
Hangar 1 Beatty Rd
Archerfield Aerodrome
Archerfield
Saturday 13 October 2007
9.00 am

ATAE are holding an open day on Saturday 13 October at 9.00 am to provide an insight into Aviation Engineering Careers and our courses commencing in January 2008.

Could you please notify us by Wednesday 10 October 2007 if you will be coming to the open day. If you are unable to attend this particular session, please contact us on 3277 7227 or email enquiries@atae.com.au so that alternate arrangements can be made.

WHAT IS THE CAREER INFORMATION CENTRE (CIC)?

The CIC is a specialist career and course information centre within Centrelink, one of 12 such services around Australia. Our aim is to provide people with the information they need to make informed decisions about employment, education and training. The Library-style environment means users, with the assistance of staff if required, can access information at their leisure. People needing information can also access the centre resources via phone, fax or email. We are open Monday to Friday between 8.30 am and 4.00 pm.

The Brisbane Career Information Centre is located at 340 Adelaide Street, Brisbane (close to Central Railway Station). Anyone can use the CIC Services. For more information and bookings, please call us on 1800 627175.

INTERESTED IN A DEFENCE CAREER?

Trades & Apprenticeships; Hospitality; Communications & IT; Logistics & Support; Business & Administration; Health & Science; Engineering; Management & Leadership ...What about the Gap Year?

These sessions are a fantastic opportunity to find out more about what life in the Navy, Army or Air Force is really like. You'll be able to chat to existing Australian Defence Force staff, find out more about the position you're interested in and have any questions answered.

Check out our website www.defencejobs.gov.au

Online Games e.g. Extreme Battleships; Candid Resource Centre; detailed job information through Careers Explorer and lodge an online job application via MYHQ.

Choice of Information Sessions:

1. **9 RQR – Army Reserves, Loganlea Depot**
11 Nealdon Dr, Meadowbrook
Monday **15 October 2007**
@ 6.30 pm
 - Free sausage sizzle
 - Luck door prize
 - BOOKINGS ESSENTIAL
2. **Redcliffe Leagues Club**
Cnr Klingner and Ashmole Rd, Redcliffe
Wednesday **17 October 2007**
@ 7.00 pm
 - Lucky door prize
 - BOOKINGS ESSENTIAL

3. Ipswich R.S.L. Club

Cnr Downs and Lowry St, Ipswich
Wednesday **24 October** 2007
@6.30 pm

- Lucky door prize
- Coral Sea room
- BOOKINGS ESSENTIAL
-

Book through www.defencejobs.gov.au or by calling 131901.

KRANK HOLIDAY ACTIVITY GUIDE

Are you looking for fun and affordable stuff to do in the school holidays? Then Grab your Krank Holiday Activity Guide from the Office. If you're 13-17 years of age, there is a wide range of activities for you to check out like: **rock climbing, laser skirmish, computer animation, abstract painting, go karting, hip hop workshop, horse riding, African drumming**, and heaps more. All at extremely affordable prices. Bookings are open now and are essential for most activities. Grab a KRANK today to make sure you and your friends have some sweet times these holidays.

HEALTH MATTERS

How to have a healthy Heart!!!

Your heart needs care for life. A healthy heart is about enjoying a healthy lifestyle and making this part of your every day life.

Everyone can do something to help prevent heart disease, including people who already have heart disease or who have had a heart attack.

5 simple steps in the right direction

Target just one at a time and success will be yours.

1. Be Smokefree

Tips for quitting

- Start today....
- List reasons why you should quit
- Get help – tell people especially family and friends
- Cravings only last a few minutes - Fight them off
- Think about when and how
- Call quitline 131 848

2. Enjoy healthy Eating

- Enjoy a variety of foods
- Go 5 vegetables and 2 fruit daily
- Moderate amounts of lean meats, poultry, fish and reduced fat dairy products
- Decrease the amount of saturated fats in your diet, these include fatty meats, butter, full cream dairy, most fried takeaway foods and commercially baked products.

3. Be physically active

- Regular moderate physical activity is good for your heart
- Heart foundation recommends 30 minutes a day of moderate activity
- OR 3 lots of 10 minutes a day
- Start slow and build up gradually

4. Control your Blood Pressure

- High blood pressure can put strain on your heart
- Have regular blood pressure check ups
- To lower Blood pressure it is important to reduce excess body weight and be physically active

5. Achieve and maintain a healthy body weight

- To lose weight you need to decrease the amount of kilojoules
- Enjoy a healthy eating plan and regular physical exercise

Remember if you target just one area at a time – success will be yours.

Cheers
Colleen Hunter
School Health Nurse

TIME FOR GRANDPARENT'S PROGRAM

Grandparents who are raising their grandchildren may now be eligible for financial assistance with school camps and approved sporting and recreational activities in their community. Seniors Enquiry Line (funded by the Department of Communities) currently operates the Time for Grandparents Program, and funding is available to grandparents who are the primary carers of their grandchildren and who are not receiving the fostering allowance or who are not approved relative/kinship carers through the Department of Child Safety.

Grandparents seeking financial assistance with school camps and other activities should contact Seniors Enquiry Line on **1300 135 500** to determine eligibility and to receive more information.

COMING EVENTS

9 October	QSA Verification Submissions due
15-17 October	11 Hospitality to Royal Pines Resort
18 October	Senior Formal
19-21 October	Jnr Schools Volleyball Cup (5 teams competing)
22 October	Pupil Free Day

UNIFORM SHOP

The Uniform Shop will be in need of volunteers to help with the back to school rush. Contact the school if you are able to assist.

We will need help on:

Monday 3 December	8.00 am – 1.00 pm
Wednesday 5 December	8.00 am – 1.00 pm
Friday 7 December	8.00 am – 1.00 pm Orientation Day
Saturday 19 January	9.00 am – 1.00 pm
Monday 21 January to Friday 25 January	8.00 am – 1.00 pm

Your help with fitting the new students would be greatly appreciated. Thank you, Marlene Protheroe.

SECOND-HAND UNIFORMS

Your P & C Association would like to start selling good quality second-hand uniforms, as we realise that many parents would appreciate this service.

To do this, we will need donations, so if your child has grown out of their uniform or they are leaving the school, we would appreciate very much your donation.

Alternatively, we will, of course, still be keeping on with the second-hand book for those parents who will still wish to sell their uniforms. All of the money raised in the Uniform Shop and the Canteen goes towards benefiting the pupils of this school.

Marlene Protheroe
Uniform Convenor

COMMUNITY NEWS

SQUAD SWIMMING RETURNS TO ROCHEDALE STATE SCHOOL

Squad training will begin in Term 4 at Rochedale State School with our Bronze level coach Mr John Austin.

We cater for all levels of swimmers from Junior to Adult. New to our program is a cross training program on a Monday and Wednesday evenings for senior/adult swimmers. (Bookings essential).

Any queries please call Anne Dee (P&C Squad Coordinator) on 0402 114 544 or John Austin (Coach) on 0430 167 537