

**FROM THE PRINCIPAL'S DESK**

With the 2006 school year now well and truly underway, I have been very pleased with the way in which students have been applying themselves to the task at hand. The end of term assessment period is almost upon us and as such students should commence preparing themselves for this time. Parents/caregivers should note that all end of term I assessments are done during class time and all students Years 8-12 are required to be in full-time attendance. The Year 11/12 Interruption Free Period runs from Monday 20 March to Friday 24 March whilst the formal Assessment Period runs from Monday 27 March – Friday 24 March.

Accompanying this Newsletter are Interim Reports for students together with information regarding the Parent/Teacher Evening of 4 April. I encourage all parents to read these reports carefully and make use of the opportunity to discuss your student's progress with their teachers.

International visitors continue to focus part of their Australian Experience on Rochedale High. Last week saw a group of Singaporean Principals visit our school to obtain information on the School Renewal Process we have undertaken over recent years. During the period 25 March – 3 April the school will host some 40 Japanese students whilst on 29 April the school will host education consultants from Europe, China, South America and South Korea to gain an insight into our successful International Student Program. It is wonderful to see our school recognised at the global level.

**David McDonald**  
Principal

**SENIOR SCHOOLING****Destination Survey**

The Queensland Government will again be conducting its Statewide Annual Destination Survey of all students who completed Year 12 or equivalent in 2005. The Next Step destination survey is a brief confidential survey which aims to gain a comprehensive picture of the employment, study and life choices made by Queensland school leavers. The Next Step Survey will be conducted between March and May 2006. For more information visit: <http://education.qld.gov.au/nextstep/>

**Senior Schooling - Career pathways**

One of the many career pathways available to senior students is a school based traineeship or apprenticeship. These allow students to undertake a government approved and accredited training qualification whilst completing their senior studies. The training towards a qualification may occur at work, school or with a supervising training organization such as TAFE and it involves both on and off the job effort to develop the necessary knowledge and skills.

Further information regarding SATs can be obtained by contacting Mrs Moore – HOD Senior Schooling.

**Mocktail Party – Year 12 Leaders mark April 3 in your diary!**

The much anticipated Mocktail Party for 25 special Senior Leaders will be held on Tuesday 4 April. This lunch time activity is catered for by Mrs Brown's Year 11 Hospitality class. It starts at 1.00pm in the Dining room and promises to be an event not to be missed. Like all eagerly awaited functions, this event is not to be missed!

**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](mailto: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](http://www.adobe.com)*

## ARTS NEWS

2006 is shaping up to be another busy year in the Arts.

### INSTRUMENTAL MUSIC

We have welcomed Year 8s into our already blossoming program and I am sure these students will learn new skills on their chosen instrument. The band rehearses every Friday morning in OPA5 and some of them will also become part of the very successful combined schools' band, Rhapsody 4.

### CULTURAL LEADERS

Thomas Lilley, Siobhan O'Shea, Erin Page and Alex Scull have been selected as our Cultural Leaders and will be an asset to our leadership team in the Arts. These students have special interests in various strands of the arts and will often work side by side with various teachers to mentor younger students and develop Rochedale's Arts programs.

### ACTING AGAINST BULLYING PROGRAM

One such program is the successful Acting Against Bullying program where students work within a drama classroom to develop awareness of the effects of bullying and how it may affect their and others' lives. Our Year 8s in Visual Performing Arts have also been busy rehearsing their show which incorporates drama and movement. This will be presented in the coming weeks within class.

### MUSIC MAESTRO

This event was very successful in 2005 and promises to be even bigger and better this year. We are looking for talented music students and vocalists to come forward for the big night in term two. We hope to see loads of new talent as well as the emerging talent we saw last year. Erin Page is the student liaison and will be calling for auditions very soon.

### EVERY STAGE

The big event of the year will be a showcase of talented students at this school as well as the local primary school. Selected students from this school will be working on a mini-musical over term two ready for presentation on this night. There will also be a selection of talented solo and group artists as well. Another group of talented students from the local primary schools will present their mini-musical after completing an exciting Boot Camp with drama and dance teachers from this school. This night promises to highlight the talents of every student performing.

## LANGUAGES

### **20 Reasons To Learn A Foreign Language**

1. If you ever move abroad you will be able to talk with local people.
2. You may need the language for your work in Australia or abroad.
3. You will find the language useful when you go on holiday or travel through the country.
4. You may wish to study abroad one day.
5. You may need the language for study or research in another field.
6. You may need it to learn about the culture, civilisation or history of another country.
7. Maybe you just like the challenge of learning another language.
8. It may help you look at your own language or culture.
9. You may just enjoy using different sounds and words. It's fun.
10. Perhaps you enjoy solving grammar problems and translating.
11. It will make you seem clever – people think learning languages is hard!
12. Maybe you do not want to look stupid when you meet non-English speakers.

13. Perhaps you wish to show courtesy and respect to others.
14. You may like to watch films in the original language.
15. You may like to understand songs in the original language.
16. Perhaps you want to have an advantage over others in the job market.
17. Research shows learning languages may make you more clever in other areas.
18. Learning some languages will help with your own grammar and spelling.
19. You will become a more tolerant and rounder person.
20. You can have secret conversations which others do not understand.

## FROM THE SCIENCE DEPARTMENT

### WATER

Freshwater is essential to life on earth. Although much of the world's surface is covered by water, only 2.5 per cent is freshwater and most of that is frozen in ice.

If all the water in the world was a full bucket, the fresh water would fill a drinking glass from which we could draw just one drop.

The United Nations predicts that if we continue to consume water at the current rate, two out of every three people on Earth will have difficulty accessing freshwater by the year 2025.

It is time for all of us – individuals, organisations and governments – to find better ways to make our limited water supplies last the distance.

### **WHAT CAN YOU DO?**

## GUIDANCE NEWS

The first of our parent forums occurred on 8 March with the topic of Families Matter. The Student Support Services Team (SSST) presented the evening, and would like to thank the families who joined us – we had fun! The next forum will be in Term 2. Keep a look out for more details. SSST would like to host a Parent Forum each Term. If there are particular topics you would like to see, please advise the front office.

### Friendship Issues

Students are now well settled into their peer groups and we are aware of instances where friends have been incredibly helpful and caring and instances where group pressure has influenced more vulnerable students to make poor choices. Some of these choices may lead to high-risk behaviours and even injury. Students have to live with the consequences of their actions which may well include parental, school and police investigation, even injury and legal procedures.

Parents/Caregivers of teens are aware of:-

- The importance of their children having friends who support positive lifestyle choices and values
- The flexibility of peer groupings so that individuals join or drop off depending on whether their needs are met or not within groups
- The need for individuals to be within a group but have sufficient confidence/strength to make their own decisions and accept the consequences of these decisions
- The growing need of their student to separate from the family, whilst still having close ties, and develop separate adult identities by the time they leave school

The capacity of your student to make wise choices is always a concern. The influence of peer pressure and the need for personal responsibility are issues that are advisable to discuss with your student. It may be helpful to work through

the following checklist with your child and discuss the results.

#### How I make decisions:

1. *Before I make a choice, I know that I will do whatever my friends are doing.* Yes (1) No (0)
2. *Before I decide, I always think of the advantages and the disadvantages.* Yes (0) No (1)
3. *I have confidence in the decisions that I make.* Yes (0) No (1)
4. *If I want to know something, I know how to get the information I need.* Yes (0) No (1)
5. *If there is more than one way to reach my goal, first I think about which way is best.* Yes (0) No (1)
6. *Sometimes I react without thinking first.* Yes (1) No (0)
7. *I can easily say no.* Yes (0) No (1)
8. *Even if I care about/love someone, I can still easily refuse.* Yes (0) No (1)

*Count your points. If you have 9 points, you are doing well and can say no and mean it. If you have more than 2 points, you ought to start thinking about how you make decisions.*

Similarly, the capacity of your student child to deal appropriately with peer pressure is another of those niggling parental/caregivers concerns.

Obviously issues such as maturity, confidence, self-esteem, sense and resilience will be major factors for the individual in operating safely with peer pressure. Again please try this checklist with your student and discuss the answers.

#### How do I react to group pressure

1. *If everyone in the group says they are going to do something, I have trouble saying no I won't.* Yes (1) No (0)
2. *I want everyone to like me.* Yes (1) No (0)
3. *Sometimes I am afraid to say what I think.* Yes (1) No (0)
4. *I am afraid to express a different opinion.* Yes (1) No (0)
5. *When my friends say exactly what they mean, I wish I could do the same.* Yes (1) No (0)
6. *It is easy for me to express my opinion.* Yes (0) No (1)
7. *If I do not want something that is Offered to me, I can easily say no.* Yes (0) No (1)
8. *If I do not want something and my best friends keep on offering it to me, I can Still say no.* Yes (0) No (1)

*Count your points. If you have 3 points, you are doing well. If you have more than 3 points, you need to wonder whether you are not allowing other people to exert too much influence over you. Everyone needs to belong but sometimes the cost of belonging is too high.*

#### Tips for Parents

1. Adolescents learn through making mistakes.
2. Adolescents also learn from accepting the consequences of making mistakes
3. Sometimes an adolescent needs to be rescued and that can be used as part of the learning process and reinforce the family unit.

4. Peer support is very powerful and often the process of peer decision-making can teach useful skills.
5. Often an individual will become uncomfortable with risk taking within a peer group and move away from that group. Gentle and subtle encouragement from caregivers can facilitate this choice.
6. A close and comfortable family background where there are limits, consistency, care and open communication provides an ideal safety net for the student child.

## HEALTH MATTERS

#### Health Matters

The "healthy school vans" is an organisation that supports the school community with the introduction of the "Smart Choices". They supply information and ideas to assist the tuckshop in promoting Smart choices. This is an example of "Smart Choices".

#### Jacket Potatoes

Jacket potatoes are a great nutritious snack full of carbohydrates where almost anything can be added!!

Wash potatoes, and prick their skin with a fork. Microwave or bake until they are soft to the middle.



Cut potato open and pile toppings on!!

- 🍷 Tomato and cooked onion, topped with melted cheese
- 🍷 Cottage cheese and chives
- 🍷 Salmon or tuna, tomato and top with melted cheese
- 🍷 Baked beans and cheese
- 🍷 Ham, tomato and cheese
- 🍷 Cooked tomato, onion, mushroom and topped with melted cheese
- 🍷 Bolognese sauce and cheese
- 🍷 Chilli con carne, light sour cream, avocado and cheese
- 🍷 Tomato salsa, avocado, light sour cream and cheese
- 🍷 Tomato sauce, crushed pineapple, ham and melted cheese

Healthy School Van – 2005

Cheers and enjoy a potato this week.

#### National Youth Tobacco Free Day – April 5<sup>th</sup> 2006

With almost 270,000 Australian school students smoking regularly each year, Aussie teenagers are being encouraged to celebrate National Youth Tobacco Free Day by giving tobacco the boot.

It is estimated that established school aged smokers in Australia spend around \$2.4 million dollars each week on cigarettes, almost adding up to a **whopping** \$125 million per year.

National Youth Tobacco Free Day spokesperson and Chairperson of the Australian Network on Young people and tobacco, Fiona Edwards said deciding not to smoke is one of the best decisions any young person can make.

Tobacco kills more than almost 20 000 Australians every year, and the fact is that most of these deaths will occur in people who started smoking before the age of 18 years.

"In general it takes around 100 cigarettes for most people to become dependent upon nicotine. So if a young person is experimenting with cigarettes they should take special care."

"We know the younger you start smoking the harder it is to quit. Nicotine dependency can sneak up on you. There is no ringing bells or flashing lights to announce its arrival", said Ms Edwards.

To mark National Youth Tobacco Free Day on April 5<sup>th</sup> 2006, a competition will run asking young people to celebrate National Youth Tobacco Free Day.

If you are between 12 and 25 years old, simply write 25 words or less on "How you will celebrate National Youth Tobacco Free in 2006?" and you will be in the running to win a \$100 voucher to spend at your local sports store. There is one voucher each state.

For more information visit [www.youthweek.com](http://www.youthweek.com) or more ideas on how to celebrate National Youth Tobacco free day log into OxyGen website at [www.oxgen.org.au](http://www.oxgen.org.au)

More information

[www.quitnow.info.au](http://www.quitnow.info.au)

[www.qldcancer.com.au](http://www.qldcancer.com.au)

[www.100incontrol.com](http://www.100incontrol.com)

#### Get help

Talk to friends and family

Talk to your local GP

Ring quit line 1300 quit

Alcohol and Drug information Line – 1800 177 833

#### Hints and Tips

Try doing things where you can't smoke like movies, exercise etc...

Keep reminding yourself of the benefits (financial, social etc.)

Ask for support and encouragement

Find a quit buddy and quit together

Do the 4 D's: **Delay, Drink Water, Deep Breath and Do something else.**

Cheers and enjoy being tobacco free

**Colleen Hunter**

**School Youth Health Nurse**



## DENTAL VAN NEWS

Quite a number of students have not returned initial consent/medical forms to access dental services. 2<sup>nd</sup> forms for all non-returns have now been issued.

Please remind students to attend appointments as issued. Failure to attend may result in treatment not being completed.

Any inquiries to Dental Van on ph. 0418 199 264.

## UNIFORM NEWS

**New trading hours for 2006 are as follows:**  
**Monday and Wednesday 8.00 – 11.00 am.**

You can still order your winter jumpers and jackets. They should be back after the Easter break.

There are still a few Senior Jersey Final Payments outstanding. You won't get your jersey if you haven't paid the full amount. Please make payment at the Uniform Shop on Monday or Wednesday. Thank you.

For the People waiting for Sport Uniforms they are here waiting for you to pick them up.

#### Second Hand Uniform Procedure

We have a register in which you leave your name, phone number, a list of items and prices you are asking. (You keep the items at home). People will contact you and make

arrangements with you if they are interested as I do not have the space to hold second hand uniforms at school.

If you wish to **donate** uniforms, please do so at the office any time.

**A Wright**  
**(Uniform Convenor)**

## Upcoming Events

27/03/06 – 31/03/06	Yr 11/12 Assessment Period
29/03/06	Summer Sport Week 8
30/03/06	"Youth Expo Day"
04/04/06	Parent Teacher Interviews
	Aust Schools Comp (Computer Skills)
05/03/06	Summer Sport Week 9

## COMMUNITY NEWS

**BP Centrepoint Rochedale** (Formerly Ampol Rochedale opposite Rochedale State School)

As you may be aware we have endured many changes in the past few weeks and are now trading as a BP.

We will now be accepting Action 4c Litre Vouchers and still redeeming Servo Savers Dockets. We will also be accepting BP Cards.

The closest Action is down on Underwood Road at Rochedale.

# WHAT CAN YOU DO?

All of us have an impact on the health of our waterways and catchments.

*You can make a difference* in everything you do. Listed below are just some of the many simple, effective and positive things you can do to help right now.

## 2. Do not litter

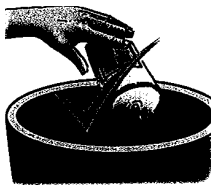
- Put paper, bottles, cigarette butts and plastic bags in the correct bin — if they are dropped on the ground, they are washed into the

## 1. Learn about your local environment

- Where are the creeks and rivers in your area?
- How healthy



are they? stormwater drain, then into the creek, river and Moreton Bay and finally the sea.



## 3. Keep excess nutrients out of our waterways

- Wash the car on the lawn rather than the street so the soapy, nutrientrich water soaks into the grass instead of running into a stormwater drain and into a creek.
- Put the garden clippings and kitchen scraps into a covered compost bin. Never hose them down the drain.
- Wrap the dog's droppings and put them in the bin. You use a toilet, so why should you leave your pet's droppings on the street.



## 4. Keep sediment out of our waterways

- Protect and rehabilitate riparian areas.
- Keep exposed dirt to a minimum.
- Adopt best land management practice e.g. agricultural code of practice or erosion sediment control measures in urban areas.

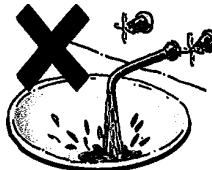


## 5. Minimise the material going into the sewerage system

- Do not use an insinkerator — compost vegetable scraps instead.
- Do not put milk or other foodstuffs down the sink.

## 6. Conserve water

- Water the lawn at night or in the early morning as this reduces evaporation and water wastage.
- Grow a waterwise garden — plant species that need less water.
- Do not leave the tap running when cleaning your teeth or peeling vegetables.
- Do not hose the driveway, sweep it instead and compost the grass and leaves.



## 7. Treat our waterways with respect

- Take rubbish away with you — do not drop it in the creek, river or the bay
- Do not release sewage from your boat, install a containment device.
- Reduce boat wave wash and observe speed limits.

## 8. Buy produce from sustainable producers

- Look for products that come from sustainable growers.
- Ask for better labelling of food stuffs so that you can make choices.



### The Facts

You are directly connected to the waterways — what YOU do makes a difference to the quality of water in your catchment area.

All waterways are connected. Anything YOU leave in your backyard washes into the local stormwater drain and ends up in the local creek and bay. It is not treated at all along this journey.

Everyone and everything from the farms at the top of the catchment to the people and animals in the Bay rely on our most precious resource — water.

...We are all very much in the same boat.

### Do you know what a catchment is?

### Did you know?

Cigarette butts are a major source of pollution in our waterways.



For further information telephone (07) 3403 [www.healthywaterways.org](http://www.healthywaterways.org)

about the Healthy 4206 or visit the

Waterways Campaign and The Partnership Healthy Waterways website at

