



The Rochedale

SENTINEL

Tuesday 21 August 2007

Number 9

FROM THE PRINCIPAL'S DESK

This week we held our year 10-11 Subject Information Evening and I was very pleased at the level of commitment and involvement of staff, students and parents/caregivers. This involvement is a reflection of our belief that the education of a student is a joint responsibility between the student, the family and the school. In essence: "It takes a whole village to raise a child".

Our Year 11 students are currently involved in determining what role they wish to take as seniors in 2008. Options available to them include:

Senior Badge, Senior Leader, Student Management Team, Student Representative Council, Sports Leader, Cultural Leader, Peer Mediator and Year 8 Monitor.

Participation in these activities assists our young people in developing skills, solving problems and managing relationships that would not normally be encountered in the classroom situation. I would ask parents/caregivers to discuss leadership options with their student and consider what this aspect of the school experience may add to their lives and future skill set.

When writing this article, I looked back over my diary, for term 3 to date, to get a sense of the range of activities and learning experiences provided for our students. These activities have included: Mighty Minds sessions for our Year 12s; attendance and camp out for our Agricultural Show Team at the RNA; Marine Studies excursion to Stradbroke Island, Science and Engineering Challenge at Griffith University; Hosting Japanese students in our school; Music Maestro; Touch Development Camp; Rhapsody 4s Magical Mystery Tour and more. Whilst this creates a busy school and at times it takes teachers away from timetabled classes, these activities also provide a range of invaluable learning experiences and contexts for students. Often I hear parents/caregivers say that 'School is not like it used to be when I went to school'; My response is usually, "Would you really want it to be?"

David McDonald
(Principal)

ENROLMENTS 2008

We are currently experiencing a strong demand for enrolments across all year levels for 2008. If you are aware of anyone wishing to enrol in any year level Yrs 8-12 for 2008, please encourage them to contact the school at their earliest convenience.

P & C MEETING

The next P & C Meeting is scheduled for 7 pm, Tuesday 28 August in the school Administration Building. Our P & C needs your support if they are to continue supporting your students.

SCIENCE DEPARTMENT NEWS

- **National Science Week...**
The theme for this year is based around the wonders of *Antarctica*.

Year 9 students have been working on a series of interesting articles as part of their ecology studies and have been viewing the program *The March of the Penguins*.
- **Happy Feet...**
Lunch-time in the Science building this week has taken a more relaxed appreciation of penguins...students were treated to screening of the popular show *Happy Feet*.
- **Visiting Glaciologist...**
Our school was very privileged to have Dr. Daniel James visit and share with us his experiences of living in Antarctica. Dr. James delivered an open forum to Year 10 and 11 students, after screening current footage of Casey Research Station where he was based as a glaciologist

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)

Dr . James currently works at the centre for Wireless Monitoring & Applications at Griffith University.



- **CSIRO Open Day...**
As part of Science Week celebrations the CSIRO ICT centre is opening its doors to the public on Saturday 25 August from 10.00 am to 4.00 pm. Everyone is encouraged to attend and more information can be obtained from ...(www.ict.csiro.au/openday)
- **Electrical Safety.....**
Students and parents are encouraged to visit this website to increase their understanding of electricity and electrical safety. Answering a multiple choice quiz at this location could also win a laptop for our Science Department!
(www.energex.com.au/switched_on)

Mr. Sparks
(Head of Department – Science)

FROM SENIOR SCHOOLING

QUEENSLAND CORE SKILLS (QCS) TEST

Year 12 students will sit for the QCS Test on **Tuesday September 4 and Wednesday September 5** – only 4 weeks away! In preparation for this state wide test, our Year 12 students have been involved in an intensive program in association with Mighty Minds Educational Systems. The students have another rotation day on Tuesday 28 August and final preparation sessions in the coming weeks.

The Year 10 BIT classes are providing **QCS packs of equipment** for students to purchase at the **cost of \$12**. This is a great opportunity for our Year 12s to have all the required equipment at a great price!

Breakfast will be provided for the students on both days of the test and final information regarding the conduct of the test will be issued to the students in the next few weeks.

YEAR 11 SENIOR EDUCATION AND TRAINING (SET) PLAN REVIEWS

As part of the school's Senior Education and Training Plan (SET) review process, **ALL Year 11 students** have been given the opportunity to review their plans in the light of Semester 1 results. Students were able to complete an update of their results and complete action plans to ensure that they are 'on track' to receive a QCE. In the next week, all students in Year 11, will receive a letter indicating whether they are 'on track' or 'not on track' to receive a QCE at the end of 2008. This process will be repeated again at the end of 2007.

YEAR 10 FUTURES UNIT AND SET PLANS

Our Year 10 students are currently undertaking a '**Future Options Unit**' as part of their studies in SOSE for this term. This unit guides students through the process of planning for, completing their Senior Education & Training (SET) Plans and making informed choices regarding subject selections for 2008. The unit is designed to allow students to explore different pathways that are open to them via university, TAFE, work, apprenticeships or traineeships.

Students have access to information from outside providers and community organizations via our 'Jobs Forums' held on Wednesday mornings. The unit culminates in students choosing their subjects for Year 11 & 12, completing their SET Plans and being involved in Transition Interviews for Year 11. More information on these arrangements will be forthcoming in the weeks ahead.

SCHOOL BASED TRAINEESHIPS AND APPRENTICESHIPS (SATs)

Each week, we receive lists of vacancies for school based traineeships and apprenticeships. Students are notified of these via daily notices and are encouraged to come and check the notice board outside my office. Interested students can also obtain a SATs package – providing information and application forms.

At this time of year, we also receive notification of some vacancies in full time apprenticeships and traineeships. Year 12 students are strongly encouraged to check the noticeboard for these positions. All of these positions do require students to have a current resume.

Mrs Moore
HOD Senior Schooling

FROM THE GUIDANCE OFFICE

NEW LEARNER LICENSING LAWS

Visit the Qld Transport site for information on the new Learner Licensing Laws – www.transport.qld.gov.au

LOGAN GRIFFITH SCHOLARSHIPS

A reminder to Yr 12's – Logan Griffith has Scholarships in each of their faculties for students considering study at Griffith Logan – see site – www.griffith.edu.au – and follow scholarships

A VOYAGE ON THE YOUNG ENDEAVOUR IN 2008

Expand the horizons of a young person by sharing the adventure of a lifetime. A voyage on the tall ship, *Young Endeavour*, as a member of a youth crew is a unique challenge. It inspires teamwork, communication, leadership and a sense of community responsibility.

Over 20 voyages are conducted each year exploring the Australian coastline by the Young Endeavour Youth Scheme, a not for profit organisation, in partnership with the Royal Australian Navy. Onboard, young people participate in a dynamic development program that can be a life-changing experience.

Encourage a young person, aged 16-23, to apply now for a berth. Youth Crew are selected through a ballot held twice a year.

Applications for the first ballot (for voyages in the first half of 2008) can be made by visiting www.youngendeavour.gov.au. But hurry, they need to be entered by **30 September 2007** to be in with a chance of a voyage! – or see Ms Neilsen.

BABYSITTING COURSE INFORMATION

The September School Holidays Babysitting Course information, is running from the Mt Gravatt Community Centre, 1693 Logan Road, Upper Mt Gravatt.

Places are limited so book early. For **more information**, please contact Nolene Rolls, Community Worker on **3343 9833**.

ONE DAY WORKSHOP FOR SINGLE PARENTS WANTING TO RETURN TO WORK

This One Day Workshop will be held on 5 September at the Mt Gravatt Community Centre, 1693 Logan Road, Upper Mt Gravatt.

Places are limited so book early. For **more information**, please contact Nolene Rolls, Community Worker on **3343 9833**.

TIPS FOR PARENTS OF TEENS

Are you concerned about your teenager's behaviour? Then Teen Triple P might be the answer – a free individual parenting program for parents of teenagers aged 11-16 years run by the Parenting and Family Support Centre at The University of Queensland. For more information please visit <http://exp.psy.uq.edu.au/teentriplep> or contact the Project Coordinator on 3365 6207 or teentriplep@psy.uq.edu.au

MOBILE PHONES – A CHILD SAFETY CHECKLIST

You can now access the internet on most mobile phones. This access brings a world of incredible opportunities in terms of communication, interaction and entertainment.

There are, however, certain potential risks to children posed via the internet. These risks include accessing adult content, such as pornography, and "stranger danger" contact in chat services.

Mobile providers in Australia (Telstra, Optus, Vodafone, Hutchison and Virgin and other third party resellers including Fine Zone, Crazy Johns and Telechoice) have recognised these risks and have taken steps to help you protect your child from potentially harmful content accessible via their mobile phone.

There are also things you can do to reduce the potential for your child receiving an unexpectedly high bill in association with their mobile phone service such as blocking international calls and premium rate services.

The Australian Communications and Media Authority, in collaboration with children's internet charity, Childnet International, has developed a checklist of important questions to ask your mobile provider when purchasing a mobile phone to help you protect your child and make sure they get the most out of using their mobile phone safely.

The Checklist offers questions and background in the following areas:

1. **Safety advice**
2. **Costs and Charges**
3. **International and premium rate services**
4. **Questions and complaints**
5. **Internet access**
6. **Chat services**
7. **Access to content not suitable for children**
8. **Dealing with content not suitable for children**
9. **Nuisance/malicious calls**
10. **Protecting your mobile phone from loss**
11. **Unsolicited emails/text messages**
12. **Bluetooth enabled phones**

Download the complete guide at www.acma.gov.au/mobilesforkids

SCIPS EMPLOYMENT EXPO – 28 AUGUST AND 10 SEPTEMBER

SCIPS has over 300 jobs available for school leavers. Please ring 3010 1124 for further information about the following positions:

Boatbuilding, Boilermaker, Bricklaying, Business Administration, Cabinet Making, Furniture, Carpentry, Catering, Chef, Childcare Assistants, Communications, Community Pharmacy Traineeship, Concreting, Diesel Fitting, Electrician, Engineering, Hospitality-BOH, Hospitality-FOH, I.T., Mechanic, Painting, Tiling, Plumbing, Process Workers, Aged Care Nursing, General Nursing, Allied Health Assisting, Pharmacy Assistant, Operating Assistants, Pathology Assistant, Sterilisation Services Assistant, Patient Support Services, Nutrition & Dietetic Assistant, Indigenous Primary Health Assistant, Dental Assistant, Business Admin, IT, Transport & Distribution (Warehousing), Horticulture, Quarry and Asphalt Work, Refrigeration & Air Conditioning, Retail, Sheetmetal, Signwriting, Technical Electrical, Timber manufacturing, Bituminous Surfacing, Heavy vehicle workshop, Spray Painting, Panel beating, Heavy Vehicle Mechanic, Tiling.

Carmel Dalton
Executive Officer (SCIPS)

HEALTH MATTERS

TURN THE VOLUME DOWN!!!!!!

A study by the National Acoustic Laboratories in Australia last year found that 25% of people surveyed were listening to music on headphones at potentially dangerous levels. On the basis of this finding researchers predicted rising levels of tinnitus (ringing/buzzing noise in the ears) and hearing loss.

But ***"How high is too high?"***

- If you have your headphones on and you can't carry on a conversation with someone who is a metre-and-a-half away in a normal voice, then the music is too loud.
- If the person standing near you can hear it, the noise is too loud.
- When you take the headphones out of your ears and you hear ringing then the noise was too loud.
- Take regular breaks to give the ears a rest.
- Limit use to one hour a day.
- For musicians, who are particularly at risk, special plugs are available.
- If you cannot avoid loud sound, then you should protect your ears with earplugs or ear muffs. Balls of cottonwool or paper tissue offer little protection.
- When you attend discos, motor races or fireworks displays - wear earplugs.

The loudness of noise is measured in decibels. Sensitivity to noise differs from one individual to the next, but the damage to hearing occurs when noise levels are higher than 85 decibels, which is about the loudness of heavy traffic. The risk of hearing loss increases as the noise becomes louder. Length of exposure is important too. For example, it is not recommended to listen to noises of 109 decibels for any longer than two minutes at a time. When headphones are turned to full volume, the sound can reach 104 decibels.

How good is your Hearing?

- Do others accuse you of turning the television too loud?
- Do others accuse you of not paying attention?
- Do you misunderstand 50 for 15 or 60 for 16?

- Can you hear better with one ear than the other on the phone?
- Have you stopped attending public performances because of the strain exerted to hear what is being said?
- Do you have trouble understanding someone speaking to you from another room?
- Do you have difficulty understanding speech when there is background noise?
- Do you miss the punch line of jokes?
- Do you seem to hear the words but not understand them?

These questions can help you determine if you have a hearing loss problem. If you answer yes to one or more, you may want to consult your doctor.

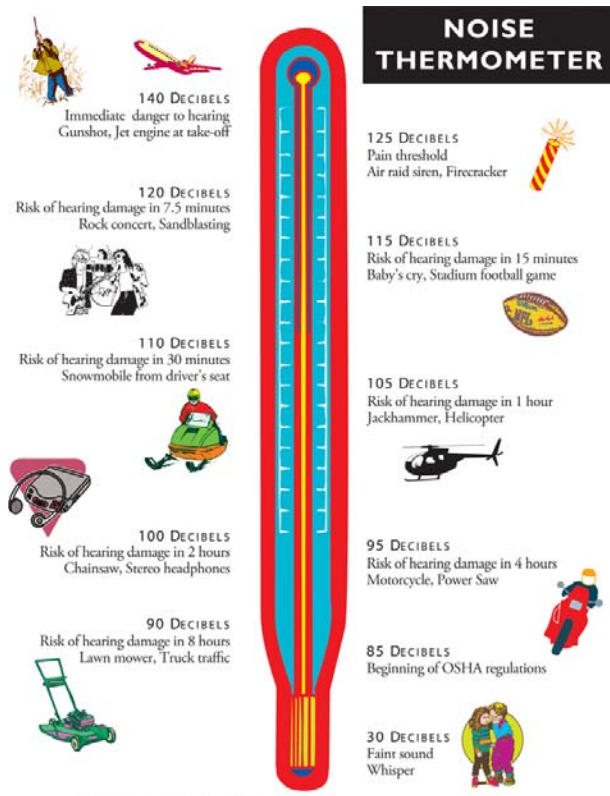
Things to remember

- Damage to hearing occurs when noise levels are higher than 85 decibels, which is about the loudness of heavy traffic.
- The degree of loss depends on the loudness of the noise and your level of exposure.
- Once hearing is damaged, it can't be restored.

Information obtained from National Acoustic Laboratories.

Cheers and have a good hearing week

Colleen Hunter, School Health Nurse.



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**

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