



The Rochedale

# SENTINEL

Tuesday 21 October 2008

Number 14

## FROM THE PRINCIPAL'S DESK

Our final term for 2008 has started with a flurry of activity, particularly for senior students and most particularly for staff who have been engaged in moderation activities for senior students.

Since the last newsletter there have been a number of significant achievements.

### Griffith Connect Program

As you are no doubt aware we have a close relationship with Griffith University through the Griffith Connect Program. Under this program students are able to apply for early entry to university, scholarships and bursaries. At this point in time three students have gained early entry, one student has a full scholarship which involves a full fee waiver and three students have cash bursaries. Since this is a merit based system it is apparent that our students are highly regarded, a fact that we can be extremely proud of. Well done students.

### NAPLAN Reports

The results of National testing for year 9 students have been returned and to ensure that parents receive the reports we are posting them out this week. NAPLAN affords all of us an opportunity to engage in the important conversation around learning, teaching, and strategies that deliver improved student outcomes. Staff have analysed result information, and it is this analysis that will drive support, intervention and program development. If parents or caregivers have any concerns about individual results, please contact the school and we will clarify issues for you.

### Senior Formal

The Senior Formal was held last week and all present had a wonderful time. It is a very positive reflection on each individual, our school and the families of our seniors that participation was excellent, students were perfectly behaved, and students were very respectful of each other. Needless to say all looked spectacular, in fact it was quite difficult to recognise some of our young men and women resplendent in ball gowns and suits. Please don't take any notice of rumours regarding my dancing – I have two left feet and even those don't cooperate on the dance floor. Well done to our organising group and the teachers involved as the choice of venue was excellent as was everything from food to table decorations.

### Cultural Awards

This week we celebrated the cultural achievements of students of Rochedale High. This school has an incredible depth of talent and it is obvious that both students and the performing arts staff work well together to draw out and develop those talents in the time students are at this school. Congratulations to all our award winners, particularly year 12's, who will leave a considerable vacuum when they depart in a few weeks time.

There are a number of events that I wish to flag for the coming weeks including:

- 28 October – Awards Night which is our annual celebration of student achievement and at which we would love to see all parents.
- 29 October – HPV Immunisation. This is the third and final round of injections for year 8, 9 and 10 girls and the final lot of injections for the year.
- 29 October – Special P&C Meeting to endorse the new constitution. Please consider attendance as the P&C has a vital role in assisting with direction setting for the school as well as maintaining functions including the tuckshop and supporting special programs.
- 31 October – Year 10 Personal Development Day which is a highly developed program including guest speakers as well as drug and alcohol education.

**Brian Forbes**  
Principal

## AG SCIENCE PIE DRIVE

Stock up for Christmas.

*Beautiful Homestyle Bakery Pies, Cakes and other goodies.*

Order form is attached to this Newsletter.

Please return order forms and money to Mrs Ellis (Science Staffroom) by **Wednesday 29/10/08**.

**Orders may be collected** from the Science Block **after 2.30 pm on Thursday 06/11/08**.

### 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](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)*

## SPORT NEWS

### ROCHEDALE COMPETE AT THE '4<sup>TH</sup> WORLD ALL SCHOOLS' TOUCH TOURNAMENT.



Four Rochedale State High School touch football teams competed at the recent 'World All Schools' touch football tournament in Brisbane from the 9<sup>th</sup> – 12<sup>th</sup> October. The event, held at the Brisbane Metropolitan Touch Association fields (Whites Hill Reserve) saw 700 games of touch played over the four days with more than 260 teams participating. The four teams from Rochedale State High School acquitted themselves admirably over the weekend but saw each fall agonisingly short of the finals in their specific division.

A huge thank you must be given to all parents, friends and family for their support over the four days. A special thankyou must be given to each of the team's coaches – Mr. Peter Peisker, Mrs. Leeanne Bauer, Mr. Matthew Kingi and Mr. David Crase for their time and effort both in the lead-up and during the tournament were truly appreciated.



**All Schools Open Girls Team:** Sarah Crosse, Jessica Hamer, Samantha Hilster, Lauren Jones, Madelyn Ludwigsen, Brianna Milne, Jessica Poulton, Whitney Roberts, Jeannine Sonnekus, Ngahua Thompson, Stevie-Lee Thompson, Robina Thompson.

**Girls U15:** Bonnie Sleeman, Jessica Wallace, Claire Stewart, Wanda Sutter, Deanne O'Callaghan, Courtney Helmore, Morgan Caird, Jo Hon, Emmanuella Tongia, Latitia Tongia, Kim Bonney.

**All Schools Open Boys Team:** Nicholas Dyson, Sioli Filianga, David Forrester, Cameron Gore, Alexander Hoffman, Stephen Lomas, Nathan Phipps, Samuel Power, Timothy Power, Jordan Smith, Dallas Solofa, Joshua Watson-Watt.

**Boys U15:** Jordan Pokere, Aaron McBryde, Kurt Eagle, Luke Wilson, Kenneth Roeser, Shane Swift, Hohaia Thompson, Matthew Gould, David Gould, Logan Langton-Greig.

## NEWS FROM SCIENCE

### THE SIEMENS SCIENCE EXPERIENCE

#### **SCIENCE OPPORTUNITY FOR YEAR 9 STUDENTS**

The Siemens Science Experience, a three-day hands-on science, engineering and technology program, will be conducted again in Australian universities in 2008/2009 for students who will be entering Year 10 in 2008. Each program includes a wide variety of practical activities, together with interesting presentations by leading scientists and engineers.

It is a Rotary Youth Services Project and fully supported by the Australian Science Teachers Association. The cost of the three-day program is \$105 (includes GST). Local Rotary clubs are often willing to pay this fee.

Further information and application forms are available from the school's Science Department, Rotary clubs and from [www.scienceexperience.com.au](http://www.scienceexperience.com.au). Early application is advised.

**Any Year 9 student is welcome to attend.**

## BLOOD BANK COMING TO ROCHEDALE SHS

### Blood Bank coming to School.....

On Tuesday 18<sup>th</sup> November the blood bank van will be at Rochedale SHS, it will be opened from 9am to 3pm. It will be allocated in the top car park, across from the pick up line.

Any one interested in donating blood can ring and make an appointment before the date.

Many of our year 12 students will be donating blood for the first time.

One single donation can save up to three lives – lives of people with cancer, mothers and children, as well as burns and accident victims.

Only one in 30 people donate blood, but one in three people will need donated blood in their lifetime.

Many people believe that donated blood is used mainly for accidents and emergencies. In fact more than 30% of blood goes to help people with cancer, 15% towards heart disease and 15 % stomach and bowel disease. A constant supply is essential.

Generally speaking you can give blood ...if you are ....

- aged between 16 and 70 years
- weigh more than 50kgs if you are under 18 (45kgs if you are 18+)
- are feeling healthy and well
- meet other eligibility guidelines (some illnesses and activities can affect whether or not you can give blood safely)

**Think about giving blood – you can save a life or three**

For more information call 131495 or check out the website [www.bloodbank.com.au](http://www.bloodbank.com.au)

**Cheers**  
**Colleen Hunter**  
**School Health Nurse**

## WORLD EDUCATION PROGRAM (WEP)

### INTERESTED IN PEOPLE FROM OTHER COUNTRIES?

#### HAVE YOU EVER CONSIDERED BECOMING A VOLUNTEER HOST FAMILY?

What to expand your knowledge of other countries, cultures, languages and cuisines. Then consider opening your door to an international exchange student.

World Education Program (WEP) is looking for Volunteer Host Families for International Students arriving in February 2009.

Students from Belgium, Italy, Brazil, France, Germany, Japan and Switzerland are looking for families that are prepared to welcome them into their homes.

These young ambassadors are looking for life long friends and a place to call home during their stay. If you would like more information on becoming a Host Family, please contact our National Office.

Full support is provided to all host families and their students.

#### For further information:

**Toll Free:** 1300 884 733

**Email:** [wep@wep.org.au](mailto:wep@wep.org.au)

## STUDENT EXCHANGE AUSTRALIA

In February 2009, 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](http://www.studentexchange.org.au)

## NEWS FROM GUIDANCE

### MT GRAVATT POLICE-CITIZENS YOUTH CLUB

The Mt Gravatt PCYC (Police-Citizens Youth Club) is continuing to offer weekly contemporary dance workshops that focus on exploring the relationship between choreography and improvisation.

Details of the workshop are as follows:

**What:** Contemporary Dance Workshop: Choreography and Improvisation  
**When:** Wednesdays  
**Time:** 4-5 pm  
**Cost:** \$5.00  
**Age:** 10 – 16 years  
**Where:** Mt Gravatt PCYC, Ph: 3420 4655  
Hibiscus Gardens Sports Complex  
90 Klumpp Road  
Upper Mt Gravatt

## HEALTH MATTERS

### HEAD LICE

There has been a recent outbreak of head lice in the school. Please check your student's hair and treat accordingly

### MENTAL HEALTH WEEK – 5-11 OCTOBER

The theme for this year's Queensland Mental Health Week 2008 is 'Be Mind Wise'. Maintaining a balance between relationships, health, families, learning, happiness and peace of mind are all part of 'being mind wise'. Often these things impact on how you feel about yourself and can influence your mental health.

As part of Mental Health Week, we suggest you have a stress less day in October.

Long-term stress is not good for your health and stress management is an important part of staying healthy.

A busy lifestyle and feelings of being constantly rushed can lead to putting off doing something pleasurable and relaxing.

Stress can also impact our immune system making us more susceptible to catching the flu, colds, and other illnesses.

One way of approaching Be mind wise is to SPRING into action by **SPRING**

- **Socialise** – spend time with people you enjoy being with
- **Positive approach** – spend a day only seeing the good side to things
- **Relaxation** – some deep breathing can make a difference
- **Inner health-** diet and exercise
- **New things** – try something new and different
- **Good laugh** enjoy a joke see a funny movie, share a funny story

Good websites include:

[ybeyondblue.com.au](http://ybeyondblue.com.au)  
[reachout.com.au](http://reachout.com.au)  
[kidshelpline.com.au](http://kidshelpline.com.au)

**Cheers and have a good mental health week.**

**Colleen Hunter**  
**School Health Nurse**

## NEWS FROM THE CHAPLAIN

**SALE - BAG OF CLOTHES FOR \$5:** Wednesday 29<sup>th</sup>, Thursday 23<sup>rd</sup> and 30<sup>th</sup> and Saturday 25<sup>th</sup> October and 1<sup>st</sup> November at the OPP SHOP situated in the grounds of the Gateway Centre at 1052 Mt Gravatt Capalaba Road, Mackenzie.

The Opp Shop is open Wednesdays and Thursdays 9am – 4pm and Saturdays 8am – 12 noon.

Funds raised help support Chaplains in local schools.

## UNIFORM NEWS

### **PRICE INCREASE – 1 NOVEMBER 2008**

Your P & C Association is forced to increase some uniform prices due to price increases. This increase will be effective from 1 November 2008.

Your P & C would like to thank the school community for your continued support as all profits go back to the school to assist our students.

### **SECOND-HAND UNIFORMS**

As the end of year approaches the Uniform Shop would appreciate good quality, washed and pressed uniforms. The second-hand uniform sales are steady and very much appreciated by a lot of families.

## COMMUNITY NEWS

### **AUSTRALIAN FITNESS & MARITAL ARTS – CLUB (KIDS KARATE)**

New Beginners Classes for Children 5 years & up

**Upper Mt Gravatt** AT "Clairvaux Mackillop College", Klumpp Road – sign on any Monday & Wednesday 5.30 – 6.30 pm.

Seven Hills at the "Clearview Centre", 3 Clearview Terrace – sign on any Saturday 10.30 – 11.30 am

For further information phone Sensei Andy: 0403 358 397 or visit: [www.afmaclub.com.au](http://www.afmaclub.com.au)

### **CAREER KEYS – "WHERE IT'S ALL ABOUT YOU"**

Career Keys is a not for profit organisation, assisting the community with careers, employment, training and support. In Semester 1, 2009 we are delivering Certificate III in Education Support (Teacher Aide) 30613Qld commencing January 2009 at various locations throughout Brisbane. This information may be of interest to your Parents and Carers your volunteers at the school or to existing Teacher Aides wishing to obtain their qualification. If you have any questions please call Angela Cragolini on 3200 2700.

#### **Cert III in Education Support Teacher Aide 30613Qld**

**Do you want to work school hours? Help children to learn?  
Gain valuable skills and knowledge?**

Career Keys will be delivering Certificate III in Education Support (Teacher Aide) 30613QLD, commencing January 2009 at a venue near you. This Nationally Accredited Course runs for 20 weeks part time, 5 days per fortnight. Visit our Web: [www.careerkeys.com.au](http://www.careerkeys.com.au) and download the enrolment pack, phone Career Keys on 3200 2700 or email [training@careerkeys.com.au](mailto:training@careerkeys.com.au). We are taking enrolments now, so don't miss out. Limited numbers.



**ROCHEDALE STATE HIGH SCHOOL  
AG SCIENCE SHOW TEAM  
2008 XMAS PIE DRIVE FUNDRAISER**



**PIES AND CAKES SUPPLIED BY HOMESTYLE BAKE**

		Customer Name and Phone Number							
STUDENT NAME: _____									
CARE GROUP: _____									
FUNDRAISING COORDINATOR: MRS ELLIS									
PRODUCT		Price	No.	No.	No.	No.	No.	No.	No.
CHRISTMAS TREATS	Christmas Cake 900g	\$15.20							
	Christmas Pudding 680g	\$11.90							
	Caramel Self Saucing Pudding 680g	\$10.20							
	Rumballs Pack 8	\$7.10							
	Shortbread Pack 9	\$5.20							
	Fruit Mince Tarts Pack 4	\$7.00							
	Rocky Road Slice Pack 4 (250g) NEW	\$7.00							
	Family Mango Dream Cheesecake 450g NEW	\$7.95							
	Caramel Fudge 150g	\$4.20							
FAMILY SAVOURY PIES	Cattleman's Chunky Beef with Cheese & Bacon 650 g NEW	\$7.30							
	Meatlovers Beef 600g	\$6.10							
	Black smiths Beef & Bacon 600g	\$6.25							
	Settlers Beef & Mushroom 600g	\$6.30							
	Farmhouse Chicken & Vege 600g	\$6.70							
	Shepherds Pie 750g	\$7.10							
MEALS FOR ONE	Cheese & Bacon Topped Potato Pies 240g ea (Pack 4)	\$8.50							
	Quiche 140g ea (Pack 4)	\$7.40							
	Beef Pie 170g ea (Pack 4)	\$6.85							
	Beef & Bacon Pie 170g ea (Pack 4)	\$6.95							
	Beef & Mushy Pea Pie 180g ea (Pack 4)	\$7.30							
	Chees & Spinach Rolls 190g ea (Pack 4)	\$6.45							
	Aussie Sausage Rolls 110g ea (Pack 4)	\$4.85							
	Lunchbox Lasagna 200g ea	\$3.35							
SWEET SELECTION	Grandma's Apple Pie 550g	\$5.80							
	Wild Blueberry & Apple Pie 550g	\$6.20							
	Chocolate Lamingtons Pack 6	\$6.00							
	Caramel Slice Pack 4	\$6.80							
	Apple Slice Pack 4	\$6.45							
	Carrot & Walnut Cake 350g	\$5.80							
<b>TOTAL</b>									