

**FROM THE PRINCIPAL'S DESK**

Term 3 has started with a flurry of activity as we welcome over 30 new students to our school. Whilst many of these are our domestic students we also welcome 6 students from Germany, 2 from Italy and one from Taiwan who will participate in our international student program for periods of time from six months to 3½ years.

**Staffing:** The following staff changes have also taken place:

- Ms Sarah Ridings returns from twelve months leave;
- Ms Elena Trushin from a period of long service leave;
- Mr Colin Gillespie has taken long service leave for semester 2. Mr Allen Bennett will act in the position of Head of Department – Social Science during this time.

**Semester 1 Reports:** All parents/caregivers should have received semester 1 reports for their students. As a school we have been very happy with our new reporting format. We would also appreciate your feedback on this new format either by email, fax or letter. My thanks go to Deputy Principal, Peter Peisker and Administration Assistants, Ms Debbie Purcell and Ms Sheryl Mason for their efforts in this area.

**Teacher Discussions:** If you wish to discuss any aspect of your student's report please ring the school. If available at the time, teachers will happily take your call. If a specific teacher is unavailable, please leave your contact details with the office staff together with the most convenient time for you to be contacted and teachers will respond accordingly.

**Facilities Development:** Our school was also successful, though the P & C Association, in obtaining a \$30 000 Waterwise Grant to update the student amenities at the school. This, together with additional funding, will see all of the students' facilities updated by the end of this year. The school hall extension project is well underway with the painting of the hall complete and the 6 m wide shade extension to the southern and eastern sides of the hall scheduled to commence in the near future.

The Engineering Workshop has also been expanded with the addition of a large storage shed that will house our industrial sheet metal guillotine and shaper.

**Celebratory Parade:** On Monday 23 July we held a school celebratory parade where one-third of our students were

recognised for their school achievements or contribution to the school. Activities acknowledged included the school Musical, State and National Mathematics and Science competitors, the Agricultural Show Team and our talented Aerobics Squad. Also at this parade, the year 12 Sports Studies class launched its mixed touch competition for students across years 8-10. These year 12 students will organize and supervise these competitions on Tuesdays and Fridays at the school.

**Year 8 2008:** Enrolment demand for 2008 has been strong particularly from out of our catchment area. There has also been a strong response to our development programs in Mathematics, Science and Information Technology. If you know of families intending to enrol at Rochedale High for Year 8 2008 please encourage them to book an enrolment interview in the near future. Applications for the above development programs close on 7 September.

**David McDonald  
(Principal)**

**UNIFORM POLICY UPDATE**

Over the last number of years our school has continually worked to improve its students' uniform standards. This has been a gradual and successful process. Good policy is of course living policy and moves to respond to identified issues. As such, the P & C Association has endorsed the following addition to the school's uniform policy:

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

Your support in implementing all aspects of the uniform policy is appreciated

**P & C ASSOCIATION**

The Parents and Citizens Association Meeting will be held on 28 August 2007 at 7.00 pm in the Staff Common Room in the Administration Building at the Rochedale State High School.

All welcome.

**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)*



The Performing Arts Department recently received funding from the Federal Government to develop, rehearse and present a dramatic performance covering aspects of bullying and as part of the National Safe Schools Week. Our students in Years 8 and 10 spent time working with teachers and then spent a day performing the show at local primary schools.

# NATIONAL SAFE SCHOOLS WEEK – ACTING AGAINST BULLYING

Congratulations to: Rachel Boland, Michael Cohen, James Graczyk, Renae Grinlaubs, Lauren Jones, Brooke Karabache, Shane Oliver, Todd Pucknett, Rachael Rose, Sophie Smith, Nicole Kay, Brooke Miller, Ebonee Briggs, Luke Murray, Kayden Evans, Alex Crisp, Matthew Burns, Josh Mulheron, Ryahn Brock, Alison Cranston, Robert Towner, Paige Capriotti, Sam McClary, Josh D’Allura, Courtney Cummings, Josh Mills, Rose Rogers, Rebecca Cowman and Ricci Manganaro

## Under 8's Week Tiddalick Performance by Year 9 Drama

The talents of year 9 drama students were highlighted at the recent Under 8's Week at Rochedale South State Primary School. It has become a tradition for performing arts students at Rochedale to present something exciting for the primary school's special day. This year our team of students excelled in their performance. 9C Drama entertained the eager prep students with an adaptation of the indigenous dreamtime story of Tiddalick the greedy frog, who drank all the water. Students prepared the script by workshopping creative ideas in class and rehearsed eagerly to create the outstanding performance. The theme was based on water conservation, an apt focus under the current water restrictions. Not only was the performance entertaining, but it also educated students about our need to save the precious commodity of water. Set in the Australian bush, various animals decide to challenge Tiddalick because he was greedy and was drinking all the water. Students and teachers created wonderful costumes to represent the Australian animals that starred as the main characters. The show included dance and drama tailored to entertain little children. The audience were enthralled by the colourful costumes and energetic performance skills of our students. At the conclusion of the show the children participated in a discussion about water conservation. It was a great day for all involved.



Congratulations to the following students for their excellent energy, acting and performance.

- |                                  |  |
|----------------------------------|--|
| The very greedy frog Tiddalick - | Arron McBryde                                      |
| The very loud Kookaburras -      | Ally Gunning and Brooke McLeod                     |
| The very pink Galahs -           | Amanda Harvey and Paige Ebersohn                   |
| The very gossipy Cockatoos -     | Nicole Brady, Jamie-Lee Roberts and Morgan Beazley |
| The very sleepy Wombats -        | Zahra AlMajedi and Harvey Batchelor                |
| The very wise Koala -            | Kajsa McNaught                                     |
| The very arrogant Emus-          | Jason Neil, Alex Housham and Blake Houston         |
| The very bossy Kangaroos -       | Sharnie Henry, Paige Ryder and Matthew Lambert     |
| The very well spoken Narrators - | Peter Wakeling and Steffanie Fleete                |
| The very brave teachers -        | Ms Taschke, Ms Semit, Ms Renasch                   |

## OUR STUDENTS DO US PROUD AGAIN!

A recent Email:

Good Morning. Can you please pass on my message to the Principal.

I caught the bus to the University of Queensland this morning and also on the same bus was a group of Rochedale High students and their teacher. Their behaviour was impeccable for a group of young people. The students and teachers were a credit to your school. Well done!

Regards

Robert Oldham, Finance Officer  
Institute for Molecular Bioscience  
The University of Queensland

## YEAR 12 STUDENT TO LEADERSHIP CAMP IN SYDNEY

"Through being a member of the Logan City Youth Council, I was given the opportunity to attend the National Leadership Camp at Collaroy Beach in Sydney. While I was there, I learnt a lot about different styles of leadership, public speaking exercises, team building exercises, a lot of team work skills and learning more about who I am and my vision of leadership. There were 5 guest speakers to talk to the 170 students from schools and youth councils around Australia. They spoke to us about what inspired them to become leaders in their chosen fields whether it be captaining the Australian basketball team, to being a Member of Parliament or a founder of Gloria Jeans coffee shops. We even had the voice of Blinky Bill pop in to talk to us about being leaders in our communities. The theme for the camp was "Agents of Change: which is in relation to a quote by Gandhi. "Be the change you want to see in the world", this quote made myself and everyone else think about what we could do to change the world. During the four days I was there, I had made a lot of new friends and people with the same attitude towards being leaders in their schools or communities. I learnt a lot of things that can also be used in everyday life. It has been an enjoyable experience that I will never forget."

**Raimond Tyson, Year 12**

## SNOWY MOUNTAINS TOUR

During the June/July holiday 40 Year 11 and 12 students and 5 staff ventured to Perisher Valley in NSW for the annual ski tour. It was an exciting time with falling snow, blizzards and snow storms adding to the whole experience. The students did an excellent job and many of them became excellent skiers and snow boarders. The nights were fun with activities that varied from Sumo Wrestling to Discos. All students involved had an excellent time and many will return for another mountain experience in 2008. Present Year 10 and 11 students should start saving for next year!



## INTERNATIONAL STUDENTS

This week we welcome to Rochedale State High School, a Japanese study tour from Funabashi Nishi High School, near Tokyo. This group of 4 girls and 5 boys are year 10 and 11 students who are travelling with their English teacher, Mr Junichi Suga.

They have been preparing for this tour for 3 months and are very excited to see the many differences between our schools. They will enjoy a range of activities including English lessons, excursions and classroom integration with our students.

This term we also welcome 9 new international students who will attend our school.

Kevin Dung yr 9 to yr12 from Taiwan  
Ann-Kathrin Kramer yr 11 from Germany for 12 months  
Luisa Rissberger yr 11 from Germany for 12 months  
Felix Klein yr 11 from Germany for 12 months  
Kira Kollbach yr 11 from Germany for 6 months  
Jonas Walter yr 11 from Germany for 6 months  
Daniel Scholz yr 11 from Germany for 6 months  
Carlos Ferrero yr 11 from Italy for 3 months  
Giovanni Valotta yr 11 from Italy for 3 months

These new students take our international student enrolment to 26.

## READERS' CUP 2007

On June 15<sup>th</sup>, four Year 8 students: Sam McClary, Matthew Walsh, Stephanie Bagnall and Danielle Nowell, participated in the 2007 Brisbane South Secondary Reader's Cup held at COC Brisbane.

The students all worked hard to read three or more books in less than nine weeks and they worked well together as a team to accurately answer questions about the books they had read. All participants competed with pride and enthusiasm, and they competently represented our school gaining seventh place in the competition.



## FROM THE MATHS DEPARTMENT

Congratulations go to the students who competed in the University of NSW Maths Assessment. Over 1.5 million students sit this assessment across Australia and 12 other countries. Students from Rochedale SHS achieved outstanding results. 50 students from the 100 who entered the competition, obtained Credit, Distinction or High Distinction.

### Results

**High Distinction:** Andrew McLaughlin – Yr 10

**Distinction:**

- Yr 12** Bryce Walker
- Yr 11** Reuben Chant, Tracy Shi
- Yr 10** Bradley Flavel, Renae Grinlaubs, Rachel Rose, Kim Weir
- Yr 9** Zoe Grantham
- Yr 8** Mathew Burns, Grant Flavel, Taylor Lennox, Bradley Lightfoot, Joshua Mills, Joshua Mulheran, Andrew Poxon

Certificates were presented to the above students on our Special Awards Parade today and Certificates of Credit of Participation will be presented to students on Year Parades during this week.

**Dianne Jensen**  
**HOD Mathematics**

### SCIENCE DEPARTMENT UPDATE...

- Congratulations to all students who participated in the recent Science competitions with special commendation to the following for their outstanding successes....  
**Rio Tinto Big Science Competition...**  
*Distinction* - Teangi Shoemsmith, Andrew McLaughlin, Reuben Chant, Jarrad Horsfall  
*Credit* – Rachel Solomon, Travis Ebersohn, Bryce Walker, Anthony Solomon, Sultan Bou Orm, Michael McLaughlin  
  
**International Science Competition (UNSW).**  
*Distinction* – Teangi Shoemsmith, Jarrad Horsfall  
*Credit* – Bryce Walker, Sultan Bou Orm, Reuben Chant, Ayden Fleete
- Recently a group of 12 students were accompanied by Mrs. Albert to the University of Queensland for a day of workshops known as the **UQ Experience Science** program. These students participated in a range of hands-on activities, lectures and demonstrations and thoroughly enjoyed the day. This is to become a regular event in the future for those aspiring to succeed in the science fields.
- A group of twenty four Year 10 students were also recently invited to participate in the annual **Science and Engineering Challenge** day held at Cornubia Insports Centre. Mr. Sparks accompanied these students to the event where teams were selected to compete against other schools in a variety of challenging tasks prepared by Griffith University and University of Newcastle. Students involved gained valuable experiences and we look forward to them taking on leading roles in various future events.
- Year 9 students are invited to apply for a position to attend the annual **Siemens Science Experience** to be held in January 2008. This event is held over three days at various universities and is very popular. Positions are limited and early registration is recommended to secure your place. Contact Mr. Sparks for more details or register online...[www.scienceexperience.com.au](http://www.scienceexperience.com.au)
- All students are invited to win some great prizes by voting for their favourite scientist. The Australian public choose the best finalist in the acclaimed **Eureka Science Awards** and you can vote online from 27 July to 19 August.  
[www.australianmuseum.net.au/eureka/vote/](http://www.australianmuseum.net.au/eureka/vote/)
- Remember...National Science Week (18 – 26 August) is celebrating the wonders of **Antarctica**...stay tuned for events and competitions soon to unfold!!!!

**Peter Sparks**  
**HOD Science**

## SPORTS REPORT

### SECONDARY AEROBICS

Rochedale State High School recently placed 5<sup>th</sup> in Secondary Aerobics at the State Schoolaerobics Titles held at Ormiston College.

Congratulations to Coby Wales, Mikalya Moore, Courtney Cummings, Carah-Louise Wilson, Rachel Boland, Allie Gunning, Tia Utz and Sarah Dorries.

Special congratulations go to Sarah Dorries and Rachel Boland who won Gold and Bronze medals in their individual sections and Sharni Tesch who won a silver medal in her section.

These three girls will represent Queensland at the National Titles in Sydney next month.



### ATHLETICS CARNIVAL



This year's athletics carnival was another success thanks to Miss Llewellyn and all staff and student's who supported the event. The days leading up to the event were blisteringly windy and cold however by the Friday 22<sup>nd</sup> of June the weather put on a spectacular display of warm sunshine to go along with the spectacular inter-house competition that was enjoyed by all who attended. The final results of the day saw Yugumbah finish on 1490 points in third position, Turrbal slightly in front with 1516 points and the clear winners on the day, congratulations went to Jagara who finished on 2035!

Congratulations to the following girl and boy age champions -  
 Open – Kelly Jones, William Bethune  
 16 years – Madelyn Ludwigsen, Matthew Gilliland  
 15 years – Stevie-Lee Thompson, Nathan Hartwell  
 14 years – Bonnie Sleeman, Luke Wilson  
 13 years – Rhyahn Brock, Kyle Auld

On Monday 30<sup>th</sup> July and Tuesday 31<sup>st</sup> the Rochedale District Track & Field Team will compete at the University of Queensland for the field events and QEII Stadium for the track events. We wish all competitors our best as they represent our school with pride and determination.



## FROM THE GUIDANCE OFFICE

### RESEARCH ON PARENTING AN OVERWEIGHT CHILD

#### Is Your Child Overweight?

The Parenting and Family Support Centre at the University of Queensland is designing a version of the Positive Parenting Program to help parents of overweight children aged between 5 and 12 years. We are currently conducting a survey to find out about the challenges that these parents face.

**If you are a parent of a 5 to 12-year-old overweight child, we would love to hear from you!**

Sharing your experiences (confidentially) is valuable in helping to develop strategies to assist parents in the areas that are needed. Results of this study will also be available to participants. If you would like to be involved in this research, the survey can be completed online at <http://experiment.psy.uq.edu.au/parentingchallenges>. If you have any questions about this research or would like a paper and pencil copy of the survey, please contact Kate at [parentingchallenges@psy.uq.edu.au](mailto:parentingchallenges@psy.uq.edu.au) or on 0412196493.

### STEP CARE PROGRAM

#### **Stepfamily Commitment and Relationship Enhancement**

Are you in a step family?

Would you like a chance to learn some practical ideas to help your family life be as good as possible?

Griffith University is running a free education program for couples who have recently formed a stepfamily. The aim is to help couples strengthen their relationship and assist their children to adjust to their new family life.

This program is education for couples who wish to strengthen the relationships within their family. It is not family therapy or couple counselling.

We seek couples who:

- have been living together or married for between 3 months and 3 years;
- are living together at least 3 days/week;
- have at least one child from a previous relationship aged between 4-16 years living with them at least 3 days/week

Taking part involves:

- the two adult partners attending an initial assessment session
- coming to 7 weekly sessions with a psychologist
- filling out a questionnaire package

For more information contact Lisa Babon or Allison Carey-Newman on **3735 3351** or e-mail Lisa Babon on [Lisa.Babon@hotmail.com](mailto:Lisa.Babon@hotmail.com)

### 'TEEN TRIPLE P'

*The Positive Parenting Program*

#### **Individual Support:**

A free parenting program for parents of teenagers aged 11-16 years is being offered by the Parenting and Family Support Centre at the University of Queensland (see **NEWSLETTER DATE** and **ISSUE Number**).

**Contact: Project Coordinator – Ph 3365 6207 or [teentriplep@psy.uq.edu.au](mailto:teentriplep@psy.uq.edu.au)**

#### **Group Support:**

Qualified Triple P presenters from Student Support Services at Springwood High are available to run after-school sessions of Teen Triple P from 3.00 to 5.00 pm.

**Contact: Chris Parker 3380 6129 or [cpark13@eq.edu.au](mailto:cpark13@eq.edu.au)**

**A Triple P Course will be held at Logan Uniting Church, 129 Dennis Road, Springwood for parents/carers of teenagers 11 up on Monday nights, 9 July to 27 August, 7-9 pm.**

To Register: Ph Logan Uniting Church office 3290 1277.

The cost of the course has already been met by the government. A donation of \$20 per family will be used to provide refreshments.

### TIPS FOR PARENTS OF TEENS

Are you concerned about your teenager's behaviour? Then Teen Triple P might be the answer – a free 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 contact the Project Coordinator on 3365 6207 or [teentriplep@psy.uq.edu.au](mailto:teentriplep@psy.uq.edu.au).

For more information, please read below.

Standard Teen Triple P is a new version of the award-winning Triple P – Positive Parenting Program aimed specifically at parents of teenagers. It provides parents with information and practical strategies for managing teenager's challenging behaviours and improving family relationships. The group version of Teen Triple P has been shown to reduce emotional and behavioural problems in teenagers and improve parenting skills and confidence. The standard version is a new individualised program which is currently being offered free of charge to Brisbane families as part of a research project. Please feel free to contact me on 3365 6207 or [salari@psy.uq.edu.au](mailto:salari@psy.uq.edu.au) for more information.

Raziye S Salari  
 Project Coordinator – Standard Teen Triple P

Parenting and Family Support Centre, School of Psychology, The University of Queensland, Brisbane QLD 4072 Australia  
Ph +61 7 3365 6207; Facsimile: +61 7 3365 4466  
Email: [salari@psy.uq.edu.au](mailto:salari@psy.uq.edu.au)

## **AUSTRALIAN CATHOLIC UNIVERSITY (ACU NATIONAL) OPEN NIGHT 2007.**

This Open Night will be held on Wednesday 25 July. The Brisbane Campus (McAuley at Banyo) is located at 1100 Nudgee Rd, Banyo. We offer courses in arts, business, education information systems, nursing, psychology, social science, social work and theology and will be open from 5.00 pm to 8.00 pm.

## **KIDSHELPLINE NEWSLETTER AUTUMN 2007**

Who's chatting to your kids?

Online chat rooms are a dangerous destination for children who are unsupervised or unaware that sexual predators also chat.

While the internet is fundamentally a great place for children, in a recent presentation to Kids Help Line staff, Peter Ahloy of the Queensland Police Service's Task Force Argos revealed that sex offenders are exceptionally skilled at using the internet to exploit and harm our children.

"These individuals listen to and empathise with the problems of children, and are aware of their latest music, hobbies and interests", Detective Senior Constable Ahloy said that research shows that children are often naïve when it comes to developing friendships, relationships and identifying suspicious behaviours.

"Parents need to realise that while a child's technical skills may be high, they are still vulnerable to child sex offenders who utilise a variety of techniques to locate and befriend children".

## **INTERNET TIPS FOR PARENTS AND CARERS**

### **How do you know your child is at risk?**

- Your child is receiving phone calls from people you don't know or is calling numbers you don't recognise
- Your child is spending a large amount of time on the internet
- Your child is receiving gifts or mail from people you don't know
- When you enter the room your child changes the screen or turns off the computer
- Your child becomes withdrawn or is displaying behavioural problems
- You find pornography on your child's computer

### **How can parents monitor who their child is talking to?**

- Strongly consider moving computers out of your child's bedroom into a central area of the house. Opportunities for sexual exploitation are limited if the computer monitor is visible to all members of the family
- Make internet access conditional upon being able to access your child's emails and messenger chat logs
- Consider installing filtering and monitoring software on their computer. The NetaAlert web page provides information about products [www.netaAlert.net.au](http://www.netaAlert.net.au)
- Spend time exploring the internet with your children and talk to them about who they speak to on the internet.

### **When should the police be contacted?**

If your child:

- Receives child exploitation material
- Has been sexually solicited
- Receives sexually explicit images or messages

Call **NetAlert**, Australia's internet safety advisory body, on **1800 880 176** or your local **Police** to report a concern you have about your child and the net.

## ***Safe ways to enjoy the internet***

For further information about safe ways to enjoy the best of the internet visit the following web sites:

**Australian Broadcasting Authority**  
[www.cybersmartkids.com.au](http://www.cybersmartkids.com.au)

**Australian Internet Safety Advisory Board**  
[www.netaAlert.net.au](http://www.netaAlert.net.au)

**Australian Communications and Media Authority**  
[www.acma.gov.au/hotline](http://www.acma.gov.au/hotline)

## **AUSTRALIAN AIR FORCE CADETS 217 (SHIRE OF REDLAND) SQUADRON**

The Australian Air Force Cadets are now recruiting. Recruiting is open to young men and women aged between 13 and 17 years of age to join up now. (If you are about to turn 13 consideration may be given.)

Are you interested in pursuing a career in the Defence Forces or plan on joining the Air Force? Are you interested in learning to fly, parachute or go gliding? Do you want to go on camps on RAAF Bases, learn more, see more than any other Cadet service?

The Air Force Cadets parade every Monday night of the school term from 6.30 pm till 9.30 pm at the Cleveland High School, Smith Street entrance – just follow the signs. For more details on Air Force Cadets and how you can join, contact the Squadron's Headquarters on 3286 9777 or the Squadron's Commanding Officer on 0422 297 269.

## **SCIPS EMPLOYMENT NIGHTS**

LEAVING SCHOOL? LOOKING FOR WORK?

Register now for the SCIPS Employment Nights

### **Tuesday 28 August**

School Hall  
Clairvaux Mackillop College  
Klump Road  
UPPER MT GRAVATT

### **Monday 10 September**

School Hall  
Coorparoo Secondary College  
Cavendish Road  
COORPAROO

Both nights commence at 6.30 pm. Light refreshments will be available.

See Mrs Moore / Ms Neilsen for registration form NOW!

Bring application letters and resumes for all the opportunities you wish to be considered for.

(Employers from a range of industries will be represented, based on students' career interest areas).

## **HEALTH MATTERS**

### **Diabetes Awareness Week**

Diabetes is a chronic disease with serious complications, affecting an estimated 1.5 million Australians (7.4 per cent of adults over 25 years). About 275 adults develop diabetes every day. Yet research shows that most Australians don't think diabetes is serious and believe they have a lower risk of developing it than they actually do.

#### **What is diabetes?**

In people with diabetes, blood glucose levels are higher than normal because the body does not produce enough insulin and often cannot use insulin properly. Insulin is a hormone needed for glucose to enter the cells and be converted to energy. There are two main types of diabetes—type 1 and type 2. Type 1 diabetes is an autoimmune condition and is not related to lifestyle factors.

### Who is most at risk of type 2 diabetes?

People who are overweight, especially if the excess weight is around their waist or abdomen—often described as central obesity—are at increased risk. A person's waist measurement is a good indicator of whether they are overweight or obese.

- Women whose waist measures 80 cm or more are at increased risk of developing type 2 diabetes.
- Women whose waist measures 90 cm or more are in the highest risk category.
- Men whose waist measures 90 cm or more are at increased risk of developing type 2 diabetes.
- Men whose waist measures 100 cm or more are in the highest risk category.

### Other risk factors

People with one or more of the following risk factors are at increased risk of type 2 diabetes and should visit their doctor for a fasting blood glucose test:

- Over 55 years of age
- Over 45 years of age and have immediate family members with type 2 diabetes
- Over 45 years of age and have high blood pressure
- Over 45 years of age and are overweight
- Over 35 years of age and from Aboriginal or Torres Strait Islander background
- Over 35 years of age and from Pacific Island, Indian subcontinent or Chinese
- cultural background
- Have impaired fasting glucose (IFG) or impaired glucose tolerance (IGT)
- Have heart disease or have had a heart attack
- Women who have had gestational diabetes
- Women who have polycystic ovarian syndrome and are overweight.

### Symptoms of type 2 diabetes

There may be no symptoms or the symptoms may not be recognised or noticed. Therefore it is more important that people know the risk factors so they can act to reduce their risk or be diagnosed and treated as early as possible.

### Type 2 diabetes can be prevented

Maintaining a healthy weight, being physically active and following a healthy eating plan can reduce a person's risk of developing type 2 diabetes by up to 60 per cent.

Early diagnosis and treatment, and effective ongoing management also reduce the risk of diabetes-related complications.

### For more information:

Diabetes Australia Infoline 1300 136 588  
[www.diabetesaction.com.au](http://www.diabetesaction.com.au)

## FINANCE

Please finalise all outstanding payments as soon as possible.

The school now has facilities to pay off your accounts through Centre Pay.

Please contact Jenny Townshend, Registrar, regarding this.

## UNIFORM SHOP

### 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 NOTICES

### TEES ATHLETIC DEVELOPMENT CAMP – WEDNESDAY 15 AUGUST 2007

***“NOTHING TO DO FOR THE HOLIDAY? WANT SOMETHING FUN, EXCITING AND REWARDING?”***

**Time:** 9.00 am – 5.00 pm

**What to Bring:** Water, waffles/joggers and spikes  
Tracksuit, comfortable training attire

**Provided on the Day:** Shirts, Bottles, Lunch

**Where to Go:** Thompson Estate Eastern Suburbs Athletics Club  
Clem Jones Centre, Stanley Road, Carina.

**Ages:** 7 – 17 yrs

**Cost:** \$45.00

**RSVP:** 6 August 2007  
Bruce Bodsworth – 0400 150 951  
Eddie Fabian – 0411 591 511  
Email: [tuiedwards@rslcare.com.au](mailto:tuiedwards@rslcare.com.au)

**BOOKING IS ESSENTIAL AS PLACES ARE LIMITED**

### LOGAN EAST CREATIVE CRAFT EXPO

A variety of displays will be available on the day.

Items for sale will include:-

Pre-loved Craft Books/Magazines, Quality Handmade Craft Items, and Craft Supplies.

Sandwiches/Tea & Coffee/Soft Drinks

**Where:** Springwood Community Centre  
Cnr Cinderella Drive & Vanessa Blvd, Springwood.

**When:** Saturday 4 August 2007

**Time:** 9.30 am – 2.30 pm

**Cost:** \$5.00 includes light refreshments, tea or coffee & handmade keepsake

**For further information please contact Logan East Community Neighbourhood Centre on 3808 4529.**