



## The Rochedale

# SENTINEL

Tuesday 28 November 2006

Number 15

### FROM THE PRINCIPAL'S DESK

This is the final newsletter in what has been an outstanding year for our school. In the last newsletter, I outlined the strong positive feedback the school received from students, staff and community in Education Queensland's annual School Opinion Survey. Further analysis of this survey across the South East Brisbane Districts which stretches from Park Ridge, through Calamvale, Macgregor and across to the Bayside has revealed, that when compared to all secondary schools in the District, Rochedale High recorded:

- A staff satisfaction level higher than any other high school in the District
- Ranked second in community (parent/caregiver) satisfaction when compared to all other high schools in the District.

I, we and you should be proud of what our school has achieved in recent years and, as a school, we look forward to maintaining our standards and continuing to develop our school in years to come.

**Year 12 Graduation:** Our Year 12's left us on Friday 17 November shedding many tears along the way. Sometimes those who one might assume least likely, find it the hardest to part ways. Our best wishes to our 2006 Year 12s.

**E-Magazine:** This year saw Rochedale High produce its first electronic school magazine on CD. The publication is the result of endless hours of patient work by teacher Michelle Constantine. The CD contains photographs, video clips, sound and written reports from all aspects of school life at Rochedale in 2006. I have spent numerous hours watching, reading and being entertained by the contents of the e-mag. Great thanks go to Michelle for her outstanding work in this area. The e-mag is available from the accounts window for \$5.

**Enrolments 2007:** The school has experienced its strongest year yet for enrolments and has been forced to manage carefully its enrolments in some subjects and year levels. At this time, we expect some 740 students in 2007 (up from 692 this year).

This increase in enrolments has provided the school with additional staff flexibility (we expect an increase of at least two teachers) resulting in the ability to provide additional learning options for students. It is expected that our enrolments will stabilize at around 760 – 770 from 2008 allowing the school to maintain the quality relationships that staff develop with students and parents/caregivers.

**Down on the Farm:** Since my return from school I have taken the opportunity to get out and about the school. One lunch hour last week I was down on the school oval and this is what I was confronted with:

- An oval with about 150 students involved in managed physical activity
- The South and West of the oval boundaries had been roped off for our Agricultural Farm and our cattle grazed peacefully on the available feed.
- To the East, some seventy or so students were engaged in basketball or volleyball on the hard courts whilst small groups of students were sprinkled under the shade of the bordering trees talking, listening to music or just taking it easy.

I thought to myself – "School was never like this when I was a kid!! Drop in sometime and see what I mean.

**Starting Dates 2007:**

Years 8/9/11	9.00 am	Monday 28 January
Whole School	8.45 am	Tuesday 29 January

**Outstanding Financials:** Parents/Caregivers are asked to settle all outstanding financial accounts with the school prior to the end of the school year. Further information is available, as required, from the school Registrar Mrs Coleen Boundy. It should also be noted that the school is unable to accept payment for any non-educational programs, activities or purchases unless all other accounts are settled.

**Best Wishes:** On behalf of our staff, I would take this opportunity to wish students and their families a safe and enjoyable Summer Vacation and look forward to working with you in 2007 to create 'Performers for every stage, expressing talents in every field'.

**David McDonald**  
Principal

#### 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)*

## SCIENCE NEWS

### Sleek Geeks Science Eureka Prize

Sleek Geeks Adam Spencer and Dr Karl invite high school students to take part in the 2007 Sleek Geeks Science Eureka Prize.

By creating a short, entertaining video that communicates a science topic, students are in the running to win cash and prizes valued at over \$11,000.

They'll also have the chance to meet Adam and Dr Karl and have their video broadcasted nationally on Network Ten's The Total News (TTN).

**As Adam & Karl say, the trick to being a Sleek Geek is helping your audience "learn without noticing".**

### How to enter

Students are encouraged to make their video over the summer holidays. To get them started, all the competition details are now available at: [www.amonline.net.au/eureka/sleek\\_geeks/index.htm](http://www.amonline.net.au/eureka/sleek_geeks/index.htm)

## HEALTH MATTERS

### Medication Mistakes

Every year around 1400 Australians are admitted to hospital as a result of medicine misuse. Therefore it is recommended that people are encouraged to find out exactly what they're getting and how to use it properly.

So if you follow the following guidelines you can avoid these errors.

#### Not filling your script or not going back for repeats

Remember that if your GP has written a script for you then you need it and same with repeats. Lots of sickness seems to improve and therefore people don't get the repeat script and often end up with the illness back again and sicker for longer

#### Not finishing your prescription

It's tempting to stop taking medicine as soon as you start to feel better but it sometimes dangerous to do so. Antibiotics must be taken until all are finished or you could develop resistance to them and they won't work next time. Remember that you should not stop taking medication without direction from your doctor.

#### Not following the directions on medication

There can be serious consequences from misuse of medication, always ensure you have everything explained so you are taking your medication correctly. Many medications require extra precautions because of side effects (eg. Take with food to prevent nausea and vomiting if taken on an empty stomach)

#### Over-medicating

There is a perception that if one works well, two will work twice as well. **BUT** not with medication. Recommended dose is worked out carefully and too much will often cause damage.

#### Improper Storage

Heat and humidity can render medicines useless so check the label. Medication is best kept in a high, dry cupboard. Usually a kitchen cupboard as long as it is not near the stove. Some medications are dangerous if taken after their use by date. Clean out your medication cabinet every six months and discard out of date ones. Take them back to your local pharmacy where they will dispose of them. Do not flush them down the toilet.

#### Failure to tell your doctor about drugs or herbs you are taking

Don't be afraid to tell your doctor about medicines and herbs you are taking. Some Herbal remedies can be as potent as conventional drugs and may interact with medication prescribed by your doctor. Some medications also react with food or alcohol so it's important to inform your doctor.

Medicines Line 1300 888 763 or [www.medicinesline.com.au](http://www.medicinesline.com.au)

## Male Health

### November - changing the face of men's health.

Men have thrived on challenges throughout history. The challenge to discover new lands, climb higher mountains and solve what seemed impossible tasks. It is now evident men need to unite and embrace a new challenge - to improve their collective health.

However we look at it, men are far less healthy than women. The average life expectancy for men is six years less than females (presently 75 compared to 81).

Men access health services 30-40% less than women, thereby denying themselves the chance for prevention and early detection of common diseases.

### The obvious question is why?

Part of the answer is a lack of awareness about the very real health issues faced by males. The good old "she'll be right" attitude and a reluctance to see a doctor about an illness or for regular medical checks also contribute to the problems.

The aim of Movember is to change this attitude, make male health fun by putting the MO back on the face of fashion and in the process raise some serious funds for key male health issues.

The key male health causes for November 2006 are:

**Prostate Cancer** in partnership with the Prostate Cancer Foundation of Australia ([www.prostate.org.au](http://www.prostate.org.au)) because every year in Australia 2,700 men die of prostate cancer - more than the number of women who die from breast cancer.

**Male Depression** in partnership with Beyond Blue ([www.beyondblue.org.au](http://www.beyondblue.org.au)) because one in six men suffer from depression at any given time but most don't seek help.

**Testicular Cancer** because it's the second most common cancer in young men aged 18 to 35.

Together we can change the face of men's health...

Find out more on the MOVEMBER site  
<http://www.movember.com/au/malehealth/>

Cheers  
Colleen Hunter  
School Health Nurse

## UNIFORM SHOP NEWS

### Uniform Shop Trading Days & Hours for 2007:

Special days have been organised for the Year 7 Students wishing to attend our High School in 2007. The hours for these days are as follows:

**Saturday 20 January – 9.00 am to 1.00 pm**  
**Monday 22 January to Thursday 25 January – 9.00 am to 12.00 pm**  
**Monday 29 January to Friday 2 February – 8.00 am to 12.00 noon**  
**Friday 26 January – closed for Australia Day**

Normal trading hours apply after these dates, they are as follows:

**Monday and Wednesday mornings from 8.00 am to 11.00 am**

These times will apply for the remainder of 2006 with the last day of trading being Wednesday 13 December 2006.

If you have any further inquiries regarding the uniforms please telephone the convenor during normal trading hours on (07) 3340 0405.

Thank you, **Uniform Convenor**

**Sportsmotion Skate Arena  
Inline & Roller Skating Centre**



**Xmas & New Year  
Vacation Care  
Holiday Program**



**11th Dec 06 - 26th Jan 07**

**Closed December 25th & 26th**

**Sessions Daily**

**10am - 3pm Mon to Fri**

**Group Bookings**

**Only \$6.00 Per Child + \$2.00 Skate Hire**

**Carers Skate FREE**

**Call and make a booking NOW!!!**



**Sportsmotion Skate Arena  
Centenary Rd Slacks Creek  
Phone:32085566**



**[www.sportsmotionskatearena.com.au](http://www.sportsmotionskatearena.com.au)**