



The Rochedale

# SENTINEL

Tuesday 29 April 2008

Number 5

## FROM THE PRINCIPAL'S DESK

Welcome back to the new school term and what a great term it promises to be. Challenging programs in each year level that promote intellectual quality through higher order and creative thinking through investigation and problem solving and experiences that engage students in real world problem solving all in the context of a very supportive learning environment.

### Western Corridor Recycled Water Project

As you would no doubt be aware, there have been workmen along the section of School Road between Priestdale Road and Miles Platting Road for some weeks. This has been preliminary work around the construction of the Western Corridor Recycled Water Project.

The project manager has advised us of the following:

- The pipeline will be laid along the western side of School Road
- School Road will remain open to local traffic at all times and traffic control measures will be in place during construction.
- Pipeline construction is currently scheduled to commence from mid-May and will continue for approximately two weeks, weather permitting.
- Tunnelling operations under Miles Platting Road (at the northern end of School Road) will commence in mid-May and continue for up to three months, however Miles Platting Road and School Road will not be affected.

I would suggest that parents and motorists seek alternative routes to that section of School Road during construction to avoid delays, however use of School Road to and from the south will still be possible.

The project team is committed to public safety and the safety of workers so please stay alert around any construction sites. If you have any concerns or enquiries about the construction activities please phone free call **1800 997 464** and keep an eye on this newsletter for regular updates on construction activities.

### National Assessment Program

As you are aware students in Year 9 will take part in National testing for the first time on 13 – 15 May. The expectation is that all students in Year 9 will attempt each element of the test however it is recognised that some students, particularly those with learning difficulties, may find the tests unduly stressful. I will be contacting some parents about exemption from the tests to avoid anxiety and preserve self esteem, however if you feel that your son or daughter should be exempted, please make contact with me through the school office.

### School Uniform

With the sudden change to cooler weather, it is timely to remind parents and the school community that Rochedale State High is a uniform school and as such it is expected that all students will wear the correct school uniform at all times. The uniform shop has stocks of winter uniform items and is open on Mondays and Wednesdays from 8:00 to 11:00 am. Thanks in anticipation of your cooperation in ensuring that this very visible symbol of pride in the school is maintained.

**Brian Forbes**  
A/Principal

## QUEENSLAND CORE SKILLS TEST 2008 REPS

Anyone interested in acting as **Community Reps for this year's Queensland Core Skills Test (QCS test)** on Tuesday 2 September and Wednesday 3 September 2008 is to contact the school for details and the package of information. Please note, that you may be required to attend on the day for delivery of materials.

Please contact Mrs Chris Moore, HOD Senior Schooling on 33400400.

**Closing date for nomination is Friday May 16.**

### 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)*

## CAREERS EXPO

On **Friday 23 May**, Year 11 & 12 students will be able to attend the **2008 National Careers and Employment Expo**, being held at the Brisbane Convention Centre. The school is sending approximately 60 students to this event, which will allow students to meet and make direct contact with employers, TAFE organisations, Universities, armed forces and a range of providers, regarding pathways after school.

Students interested must collect an expression of interest and permission form from Mrs Moore.

## QCS PREPARATION

The **2008 Queensland Core Skills Test (QCS)** is being held on Tuesday 2 September and Wednesday 3 September, later this year. In preparation for this state wide series of papers, ALL our Year 12 students have received a letter outlining the importance of this test and the options available to students.

Students have already begun preparation for this test and will continue to access outside consultants – Mighty Minds – to assist further with this preparation. More details will be forthcoming in the months ahead.

## STUDENT EXCHANGE

### **BRISBANE INFORMATION EVENING**

**Date:** Wednesday 30 April 2008

**Time:** 7.00 – 9.00 pm

**Where:** Central City Library,  
266 George Street, Brisbane.

For more information:

[www.wep.org.au](http://www.wep.org.au)

Ph 1300 884 733

## SPORT NEWS

### **SUMMER FINALS**

Congratulations to all summer sporting teams for 2008! We entered into School District Sport, 23 teams including touch, volleyball, basketball, softball, futsal, cricket and squash. Out of the 23 teams, 8 made a District Final which will be played on 30 April. The teams that made finals were

#### **Boys**

Volleyball - Yr 8, Yr 9 and Open  
Touch - Yr 10 and Open

#### **Girls**

Volleyball - Yr 9  
Touch - Open  
Softball - Yr 9

We wish all teams the best for the finals and look forward to the up and coming Winter Sport season which will start on 21 May.

## MATHS NEWS

### **ORIENTEERING ASSESSMENT**

Maths A is one of the Senior Mathematics subjects that we are offering here at Rochedale SHS. The Maths A program includes topics that are life related and develop

valuable life skills in our students. One of such topic is  Orienteering. We are trying to present the information to our students in such a way that they will obtain solid knowledge and skills, and enjoy it as much as possible at the same time.

On Thursday 1 May 2008, all Year 12 Maths A and Pre Vocational students are participating in the excursion, the practical part of the assessment on Orienteering. This activity is **mandatory** and we expect everyone from this cohort to be present on the day. **In case of absence, a medical certificate or call to the Maths Department MUST be provided.**

On Friday 2 May, Year 12 Maths A students will be doing the theory part of the assessment in the test form. This test will be based on the materials from the excursion.

We wish all the 12 Maths A students good luck with both parts of the assessment.

### **NAPLAN (National Literacy and Numeracy Testing)**

The Numeracy component of this National Testing will occur on Thursday morning May 15. In periods 1 and 2 students will set the NON calculator test, then in periods 3 and 4, the calculator test. Students will be required to have a calculator for this testing. Scientific calculators are available through the Maths Department for \$20.

Our Year 9 students already had a practice test at the end of Term 1 and have a clear idea about the type of questions they will have to do on the test. Teachers of the Maths Department analysed the results and now, in the course of normal classes, the students are being further prepared.

## GUIDANCE NEWS

### **CULTURAL CARE AU PAIR INFORMATION**

For information for all 17-26 year olds who love kids, have some Child Care experience (Babysitting, Tutoring, Child Care Centre work) and want to TRAVEL TO THE USA!

To learn all there is to know about becoming a Cultural Care Au Pair and make your dreams reality!

**Contact:** 1800 677 373 or check out  
[www.culturalcare.com.au](http://www.culturalcare.com.au)

### **KEEPING KIDS SAFE IN CYBERSPACE - SPECIAL EVENING EVENT FOR PARENTS & CARERS**

Professor Peter Cuttance and NetAlert – the Australian Government's *Internet Safety Initiative* – and Dr Marilyn Campbell will present a special parent evening to provide up-to-date information about safety in the cyber-world and strategies that parents can use to discuss and monitor cyber-safety in the home.

**Wednesday 14 May, 7.30 – 9.00 pm**  
**John Paul College, Daisy Hill, Brisbane**

**Cost:** \$20 (excl GST) per family booked directly via the website; or schools, parent and other groups can make Block Bookings on the website at \$15 (excl GST) per person for 10 or more. Block Bookings simply reserve the number of seats booked – no details of attendees are required at the time of making the reservation.

**Book online – further details at:**  
<https://cybersafety.schoolevent.org>

## HEALTH MATTERS

In today's multi-media focused world it is difficult to make sure we follow a healthy eating plan. Many different sources tell us many different things, some correct, some partially correct and some definitely wrong. One of the more simple ways to ensure we are purchasing healthy foods is to read the nutritional information. Therefore I have obtained an overview from the Australian Consumers' Association on label reading.

### Making sense of the Nutrition Information Panel

Nutrition information is available on every food label and can help you make healthy food choices, leading to better health for you and your family. Nutrition information can help people when shopping as it provides us with knowledge on how much fat and sugar is in the food. It is easy to read food labels once you know how – Here are some simple guidelines on how to read them:

When reading a food label always look at the per 100g column so that you can compare the fat and sugar content of different brands.

As a general guide look for:

- Foods with less than 10g of fat (per 100g of food)
- Foods with less than 15g of sugar (per 100g of food)
- Food products with a higher fibre content – eg cereals, breads etc.

It is not always possible to follow these guidelines, as some foods such as cheese, are high in fat by nature and should therefore be eaten in small amounts.

However, not all foods have labels, for example fresh fruit and vegetables – these are very healthy foods and should be included everyday in your diet.

## UNIFORM NEWS

The Winter Uniform stock of fleecy jumpers, trackpants, taslon jackets and pants and warm scarves has arrived.

Your P & C Uniform Shop is open Monday and Wednesday from 8.00 am to 11.00 am. The shop is **also open on Pupil Free Days** from 8.00 to 11.00 am.

## COMMUNITY NEWS

### 'A SAFE START' DRIVING SCHOOL

*'Success through Service'*

Student Discounts, Gift Vouchers available.  
For more information or to book a Driving Lesson contact:

Tai Reid  
INSTRUCTOR

0438 818 720  
(Office: (07) 3806 2007)

Email: tai@asafestartdrivingschool.com.au



Play GRIDIRON this season with Logan City's premier team. For more information email us at [wildcatsgridiron@yahoo.com](mailto:wildcatsgridiron@yahoo.com) or go to [wildcatsgridiron.com](http://wildcatsgridiron.com) and click NEWS for sign-on details.

### CAREER KEYS – “Where It's All About You”

#### Certificate 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 July 2008 in your local area. 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.