



The Rochedale

SENTINEL

Tuesday 29 July 2008

Number 10

FROM THE PRINCIPAL'S DESK

We've certainly hit the ground running this term with students straight in to Semester 2 work and a very full calendar of events. I'm sure that you will have received your student's semester report by now and that it has been the trigger for congratulations or some serious conversations. Please note below, that there is an opportunity to meet with teachers to discuss the progress of your young person. The Deputy Principals and I will also be congratulating very successful students and engaging in robust conversations with those that are less successful.

Parent Teacher Interviews

Interviews are scheduled for Tuesday 5 August from 3:30 to 7:00pm in the Communications block. The invitation letter and request form was forwarded by mail with year 11 and 12 reports, however for years 8 through 10, each student was given one in Care last Thursday. If you are not able to come on Tuesday evening you are most welcome to make contact with staff through the school office for a phone interview or to arrange a mutually convenient time to meet. It is vital to the success of our students that we develop and maintain relationships with their families and this is an ideal opportunity to establish and enhance that contact.

Funabashi-Nishi High School Visit

We are currently hosting our second tour group for the year of students from Japan. Unlike the previous group which comprised students from a wide range of schools, all students in this group are from the one school. Funabashi-Nishi High School is in Funabashi City which is in Chiba Prefecture to the east of Tokyo.

Thank you most sincerely to the students and families that have been hosting students who will know first hand the understanding that develops when people from significantly different cultural and language

backgrounds meet and share experiences. Visits such as this add greatly to the richness of the education experiences of Rochedale High as well as developing tolerance and understanding of difference.

Individual Student Achievements

As you know our school vision is *Performers for every stage, expressing talents in every field*. At times our students perform and express their talents beyond the school. One such student, Paulina Lazic, has recently won first and third prizes at the district level in the Apex Australia Teenage Fashion Awards. Paulina's successes were in the after five/evening wear/ballroom category and she now progresses to the State and hopefully National levels of the competition.

This week I was formally advised that Erin Bennett has been invited as a member of the Queensland School Sport Diving Team to compete in the National Championships at the end of the year which is a fantastic achievement.

School Based Traineeships and Apprenticeships

You will no doubt have noticed a recent campaign advertising pathways for students pursuing vocational careers through school based apprenticeships and traineeships (SATS). At Rochedale State High we have been very active in this area as we currently have seventeen students in SATS with three more currently under negotiation. Our vision is to facilitate a pathway for every student in their field of choice, and the hard work of key staff in developing relationships with employers and employer groups means that we can fulfil that vision for any student including those wishing to access a trade.

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)

Sentinel is emailed in PDF format and needs Acrobat Reader which can be downloaded FREE at www.adobe.com

Year 8 Enrolments

Places are filling fast for year 8 in 2009. If you have a young person to enrol, or have friends or family with current year 7's please phone the school office to book an interview as soon as possible. We are facing significant enrolment demand from areas that are well beyond our equidistant catchment and naturally would like to meet local need in the first instance.

Exhibition Holidays

This year the Show Holidays that will affect our school population are:

Wednesday 13 August – RNA holiday
Thursday 14 August – Student Free Day

All students are expected to attend school Friday 15 August.

Brian Forbes
A/Principal

VACANCY – AGRICULTURAL ASSISTANT

38 HOURS PER WEEK

WORKING UNDER THE GUIDANCE
OF MRS MARGARET ELLIS –
SCIENCE DEPARTMENT

APPLICATIONS CAN BE COLLECTED
FROM THE SCHOOL OFFICE
BETWEEN 8.00 AM AND 3.00 PM
MONDAY TO FRIDAY. YOU MUST
ADDRESS ALL SELECTION
CRITERIAS. YOU WILL HAVE A
CRIMINAL HISTORY CHECK AND
APPLY FOR A WORKING WITH
CHILDREN CHECK – BLUE CARD

CLOSING DATE: 22 AUGUST 2008.

QCE COMMUNITY INFORMATION SEMINAR

Queensland Studies Authority (QSA) is conducting community seminars during August to provide an overview of the implementation of the Queensland Certificate of Education (QCE).

These seminars would be of importance to the parents/carers of Year 10, 11 and 12 students at Rochedale State High School, as 2008 is the first year that The QCE will be awarded to Year 12 students. The sessions are free and an hour in duration. Attached to this newsletter is a flyer regarding these sessions.

Mrs Chris Moore
HOD Senior Schooling

2008 SNOWY MOUNTAINS TOUR



In the first week of the June/July holidays 40 students, 5 teachers and the Chaplain embarked for Rochedale's 10th Annual Snowy Mountains Ski trip.

The weather was fine, the bus ride was long and Sunday afternoon's ski lessons were fun. On the Monday the lift lines were a little long but it was good skiing and snowboarding and by afternoon the snow started to fall. For the next two days the snow filled all the unwanted holes, the temperature fell to -1 °C and visibility was less than 2 metres. Students started to think that skiing was difficult . . . but then out came the sun, ten extra lifts were opened and for the last two days students thought skiing was easy.



The trip was an excellent success with great behaviour, good skiing and fun.



Highlights of the week included Rochedale's triumph in the team's trivia challenge, Ms Smith-Rowan's performance as the Magician's assistant and our successes on the slopes.

Best Male Skier for the week was Andrew McLaughlin. Best Female Skier was a tie between Jess Poulton and Rachel Gulliver, the person voted "most likely to become a Ski Instructor" was Brianna Milne and Zac Schultz confirmed everyone's suspicions and was the "I'm the most likely to be injured" prize.

All in all it was a fantastic week and present Yr 10s and 11s should start saving for next years adventures.

CONGRATULATIONS TO PAULINA LAZIC

Paulina Lazic, year 12 student, recently won 1st and 3rd prizes (2 separate gowns) in the Apex Australia Teenage Fashion Awards.

She won:

- District level and will now go on to State, then (hopefully) Nationals.
- After five/eveningwear/ballroom category.

ROCHEDALE STUDENT TAKES INTERNATIONAL EXCHANGE

The School wishes Yr 12 student, Maddi Callaghan, all the best in her 12 months student exchange to Burgen in Norway which begins next week. Maddi is looking forward to life in a colder climate for the year and we look forward to hearing her stories on her return to school in 2009.

THE ARTS NEWS

XLD NIGHT FRIDAY 8TH AUGUST

WHAT: A night of entertainment by our talented ARTS students performing original works. XLD stands for Excellence in Drama, Dance and Design. Film students will also be showing some of their works.

WHEN: FRIDAY 8TH AUGUST @ 7:00PM

WHERE: RSHS PAC

COST: Gold Coin Donation

DANCE WORKSHOPS @ PRIMARY SCHOOL

Our Year 12 Dance students will be conducting Dance workshops at the Rochedale South State School on Tuesday 12 August to the Year 6 students. Best wishes to the students who will teach and conduct the workshops.

SMARTARTS – YR 10 EXTENSION ARTS WORKSHOPS

These will be occurring Friday 15 August at school. The aim of the day is to give Year 10's an opportunity to extend themselves in one of the areas of the Arts.

M Semit/C Pagliano
A/HOD The Arts

SPORT NEWS

BOUND FOR SCHOOL AEROBICS NATIONAL TITLES

The School Aerobics State Titles were recently held in Brisbane.

Four Rochedale State High School students competed in various events including Aerobics, Funk and Themed Dance with wonderful results.

Sarah Dorries	1 Gold and 1 Silver medal
Sharni Tesch	1 Gold and 1 Silver medal
Rachel Boland	2 Gold Medals
Mikayla Moore	1 Bronze medal

Sarah, Sharni and Rachel will compete in the National Titles in Melbourne at the end of August.

Congratulations to all students who entered the School Aerobics Challenge earlier in the year.

We wish these three great competitors every success.

NATIONAL SUCCESS IN VOLLEYBALL

In the second week of the June/July holidays the National Junior Volleyball Championships were held in Dandenong Victoria. Rochedale SHS had two students, Ryan Hogan and Brad Flavel representing Queensland in the Under-17 age division. As well as providing players for the Queensland team, Mr Jeff Broadway a teacher on staff, was the coach. The Queensland U-17 Boys won gold, playing 10 matches and not dropping a set to the other states all week. This was a fantastic effort, and highlights the successful outcomes for students who are involved in the volleyball development program. Rochedale, offers development in volleyball for both boys and girls and has consistently provided players to Regional and State teams over the last 5 years.

GUIDANCE NEWS

So often we hear about looking after our mental health – but ... What is Mental Health? By AUSEINET (Austn Network for Promotion, Prevention and Early Intervention for Mental Health) Mental Health is a positive state of wellbeing used to describe emotional and social wellness. It involves feeling positive about ourselves, the people and events in our lives, and being able to live life to our fullest capacity.

Our mental health influences everything we do:

- How we think, feel and behave
- The way we relate to other people
- The way we respond to the challenges of everyday life; and
- How we cope with events such as changing jobs, having a baby, retirement, loss and physical illness

Mental health is an essential part of our overall health and affects our physical health; as our physical health also affects our mental health. It is also strongly related to our behaviour, particularly our social behaviour and relationships with others. It is important we all work on maximising our mental health and wellbeing.

By realising what stressors are in our life and looking for positive ways to reduce them will benefit our overall mental health.

GRIFFITH UNI – HEALTH4LIFE CHALLENGE **– SATURDAY 23 AUGUST, 9.00 AM**

The Health4Life Challenge is open to all Queensland High Schools. The Challenge seeks to provide participants with an opportunity to extend and express themselves through the development of a digital project and poster based on healthy living. Students in Years 8-12 are encouraged to enter, either as an individual entry or group entry.

A range of great prizes are on offer including **\$500** for Year Level entries and **\$250** for the poster category. **\$5,000** is on offer for the winning **School Prize Category**. Participants in the School Prize Category are required to develop a school project proposal based on a new and/or improved health initiative for implementation in their school.

Further information is available on the website www.griffith.edu.au/health4life.

UQ OPEN DAYS 2008

The UQ Open Days offer the opportunity to explore the campuses, meet teaching staff and find out about life as a UQ student. It is an invaluable opportunity for students to make better-informed decisions about their futures.

St Lucia – Sunday 3 August from 9.00 am – 3.00 pm
Ipswich – Wednesday 20 August from 3.30 pm – 7.30 pm
Gatton – Sunday 24 August from 9.30 am - 3.00 pm

To plan their day, students can go online to create a personalised itinerary at www.uq.edu.au/opendays. Should you require additional copies of the Open Day program or any further information please contact (07) 3365 3374 or email openday@uq.edu.au

MY FUTURE STUDENT VIDEO **COMPETITION**

The **myfuture student video competition** is an exciting chance to get involved in exploring your own future!! The competition is an Australian Government initiative run by THE CREW program (on SBS Television) and is supported by myfuture, Australia's national online career information service (www.myfuture.edu.au).

Entries will focus on the duties, tasks, working conditions and personal requirements, learning pathways and qualifications required of their selected occupation. Be creative and have fun!! Selected entries will appear on national TV on THE CREW program and may be chosen to be available on the myfuture website (www.myfuture.edu.au).

With a prize pool including editing computers, video cameras, ipods and the chance to appear on national television, this is your chance to learn something and have a lot of fun in the process.

The competition is supported by DVD and a web based resource that provides a step by step guide to producing entries. The competition is open to either individuals or educational institutions as a group effort. Entrants must be students in Year 7 to 12 or between 13 - 19 years of age. You don't have to be in school to enter!

Entry kits can be downloaded from THE CREW website www.thecrew.net.au

Entries close 18 August 2008

Inquiries: admin@schooltorque.com Ph. 02 9522 8855.

AUSTRALIAN AGRICULTURAL COLLEGE **CORPORATION TASTE SCHOOL HOLIDAY** **PROGRAM**

- **Not sure of a career choice?** *Explore the menu of agricultural career opportunities*
- **Ever wondered about a rural lifestyle?** *Sample the rural experience*
- **Love working with animals, plants or machinery?** *Plenty of options to choose from*

And would like to try something DIFFERENT, EXCITING and FUN these September School Holidays?

Then the **Australian Agricultural College Corporation TASTE** school holiday program is definitely for you! If you desire a rural lifestyle and are eager to explore careers in the rural industry why not take advantage of this unique opportunity to taste-test life as an agricultural student. TASTE aims to support young people as they develop their interest in the rural sector.

TASTE is a program for Year 10, 11 and 12 students held at each of the five campuses of the Australian Agricultural College Corporation (AACC) during the September school holidays. The four-day program is designed to help young people explore agricultural college life and engage in training for different types of careers in the rural industry. TASTE will give students an appreciation of innovative technologies and the specific practical skills used across a wide range of career fields.

What are you doing these September school holidays?
Contact www.aacc.edu.au

SHORT TECHNICAL COURSES – THEATRE **AND EVENTS – AND CERTIFICATE THREE!**

Julius Events College returns with accredited courses from the Entertainment Training Package, held during the September school holidays.

Our training is held at Entertainment Services Theatrical, 36 Kremzow Road, Brendale, Qld. This is a terrific venue for training. We have modern equipment.

Sept 22	Stage OH&S., 1 full day 9.30 am – 4.30 pm	\$180
Sept 23, 24, 25	Sound Basics, 3 full days 9.30 am – 4.30 pm	\$595
Sept 26, 27, 29	Lighting Basics, 3 full days 9.30 am – 4.30 pm	\$595
Sept 30, Oct 1, 2	Vision Basics, 3 full days 9.30 am – 4.30 pm	\$595
Oct 3	Certificate III completion production day 9.30 am – 4.30 pm	\$300

The full Certificate III Technical Production Theatre & Events (Technical Operations) CUE30203 program starts with Stage OH&S and ends with the Production Day. The cost is reduced to \$2,200 if it is all booked together.

More info at www.juliusmedia.com or call us on 1800 635 514.
Our email address: reception@juliusmedia.com

BREAKFREENOW

Is there a Teenager in your Life aged 13-17 years?

Help your teenager gain...

- Clarity, Direction and Vision as they evolve into the Adults of the Future.
- Confidence, Trust and Self Belief

BreakFreeNOW offers a Powerful and Fun-Filled two day Workshop designed specifically for Teenagers aged 13-17 yrs. This Workshop is Dynamic, Interactive and full of Challenges. It is truly Life Changing!

Date: Thursday 25 and Friday 26 September 2008
Venue: Logan Entertainment Centre, Logan Central

To register and find out more information:
Visit our website www.breakfreenow.org or Phone 1300 369 700.

STUDENT EXCHANGE

BRISBANE – FREE INFORMATION EVENING **13 AUGUST 2008**

- Come and meet our staff
- Hear comprehensive information on all aspects of exchange
- Ask questions
- Listen to questions asked by other students and parents, and
- Meet other students who are considering going on exchange
- Scholarships available!

Date: Wednesday 13 August 2008

Time: 7.30 pm

Where: Terraces on Wickham
345 Wickham Terrace, Brisbane.

For more information:

www.studentexchange.org.au

Ph 1300 135 331 (cost of a local call)

AUSTRALIAN VETERANS CHILDREN'S ASSISTANCE TRUST

offers a bursary of up to \$9000 for Yr 12's who are the child or grandchild of a person who has had operational service with Australian Defence Force.

There are other scholarships available to Yr 12's for assistance with the cost of Uni in 2009 – see your Yr 12's QTAC TGuide (issued in Admin/Access). James Cook Uni – Townsville & Cairns has a Provice Chancellor's Scholarship for high achieving OP students in Faculty of Science, Engineering & I.T. U.Qld – offers a range of scholarships.

See www.uq.edu.au/study/scholarships

QCE COMMUNITY INFORMATION SEMINAR

This seminar is a repeat of the Community Information Seminar provided in Semester 1, 2008. This information evening will provide an overview of the implementation of the Queensland Certificate of Education (QCE). The presentation will help parents and community members to understand the principles underlying the QCE and the credit rules that govern eligibility. A variety of scenarios will be discussed to demonstrate the relevance of the QCE and the broad range of possibilities for learning towards the QCE.

Participants have the opportunity to:

- Develop an understanding of the requirements of the QCE for students, schools and other learning providers
- Develop an understanding of the possibilities offered to students by the QCE
- Develop an understanding of the implication of the QCE for study at school and beyond.

19 Aug 7.00-8.00pm	Springwood SHS 200 Springwood Rd, Springwood	Bris Sth
21 Aug 7.00-8.00pm	Coorparoo Sec College Cnr Stanley St & Cavendish Rd, Coorparoo	Bris East
28 Aug Central 7.00-8.00pm	All Hallows' School Claver Theatre, entry via Dodge Lane, 547 Ann St, Brisbane	Bris

Agenda/program

Time	Activity
7.00 – 8.00 pm	Queensland Certificate of Education: <ul style="list-style-type: none">▪ QCE at a glance▪ Scenarios▪ Questions▪ Close

Cost: FREE

Enquiries – registration advised

Email: events@gsa.qld.edu.au

Phone (07) 3864 0471.

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.

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 for more information.

HEALTH MATTERS

Could you be on your way to developing Type 2 Diabetes?

Over 1 million Australians are affected with type 2 diabetes and research shows that there is possibly another 1 million living with Type 2 diabetes without knowing it so take a moment to do "The Tick Test".

Symptoms

Symptoms of **Type 2 Diabetes** are often mistaken for part of the aging process. Tick any Symptom that applies to you.

- I feel tired and lethargic
- I am always thirsty
- I go to the toilet to urinate a lot
- I have numbness/tingling in my feet or legs
- I have blurred vision
- I have itching and/ or skin infections

Risk Factors

To determine your risk of Type 2 Diabetes tick any statements that apply to you

- I am over 45 and overweight
- I am over 45 and have high blood pressure
- I am over 45 and one or more members of my family has/had diabetes
- I am over 55
- I have heart disease or have had a heart attack
- I had high glucose levels while I was pregnant (gestational diabetes)
- I have had a borderline high glucose test
- I have Polycystic Ovary Syndrome and am overweight
- I am over 35 and am an indigenous Australian
- I am over 35 and am Pacific Islander; from a Chinese cultural background or from the Indian subcontinent.

If you have at least one or more risk factor or two or more symptoms - Act now go to your GP and ask for a Blood Glucose Level (BGL) test.

Knowing your BGL is important. If you have a BGL that is higher than normal but not yet high enough for a diagnosis of type 2 Diabetes, the good news is Type 2 diabetes can be prevented.

1. Take the tick test
2. Visit your GP
3. Exercise regularly
4. Following a healthy eating plan

Lets all work to prevent Type 2 Diabetes. Information available from Diabetes Australia – Queensland Ph: 1300 136 588 or www.daq.org.au

Cheers

Colleen Hunter
School Health Nurse

COMMUNITY NEWS

MT GRAVATT BLUE LIGHT DANCE

Mt Gravatt Blue Light is holding it's next dance on Friday 1 August at 7.00 pm in the Sunnybank State High School Assembly Hall, Gager Street, Sunnybank. The dance is for children strictly between the ages of 7 and 14 and is between 7.00 pm and 9.30 pm. Cost of entry is \$5.

The Mt Gravatt Blue Light dance is always the first Friday of every month.

QSA seminar

QCE Community Information Seminar

This seminar is a repeat of the Community Information Seminar provided in Semester 1, 2008.

This information evening will provide an overview of the implementation of the Queensland Certificate of Education (QCE). The presentation will help parents and community members to understand the principles underlying the QCE and the credit rules that govern eligibility. A variety of scenarios will be discussed to demonstrate the relevance of the QCE and the broad range of possibilities for learning towards the QCE.

- Who should attend?**
- Parents of students in Year 10
 - Parents of students in the senior phase of schooling (Years 11 and 12)
 - Employers of young people
 - Teachers unable to attend daytime seminars
 - Interested members of school or community groups

- Outline** Participants have the opportunity to:
- develop an understanding of the requirements of the QCE for students, schools and other learning providers
 - develop an understanding of the possibilities offered to students by the QCE
 - develop an understanding of the implication of the QCE for study at school and beyond.

Cost Free

Agenda QCE at a glance
Scenarios
Questions
Close

Locations & dates

Date	Duration	Venue	Location
31 July	7:00 pm – 8:00 pm	Rydges Oasis Landsborough Parade, Caloundra	Sunshine Coast
4 August	7:00 pm – 8:00 pm	Kedron Wavell Services Club Hamilton Road, Chermide	Brisbane North
4 August	7:00 pm – 8:00 pm	St James Parish Cnr Mort & Russell Streets, Toowoomba	Toowoomba
5 August	7:00 pm – 8:00 pm	Longreach Civic Centre 96a Eagle Street, Longreach	Longreach
5 August	7:00 pm – 8:00 pm	Shalom College 9 Fitzgerald Street, Bundaberg	Bundaberg
7 August	7:00 pm – 8:00 pm	Brolga Riverside Theatre 5 Walker Street, Maryborough	Maryborough
7 August	7:00 pm – 8:00 pm	Ipswich Girls' Grammar School Cnr Queen Victoria Pde & Chermide Rd, East Ipswich	Brisbane Ipswich
11 August	7:00 pm – 8:00 pm	Atherton International Kennedy Hwy, Atherton	Atherton
13 August	7:00 pm – 8:00 pm	Brothers Leagues Club 99-105 Anderson Street, Manunda	Cairns
13 August	7:00 pm – 8:00 pm	Maranoa Club 27 Hawthorne Street, Roma	Roma
18 August	7:00 pm – 8:00 pm	Ocean International 1 Bridge Road, Illawong Beach	Mackay
19 August	7:00 pm – 8:00 pm	Springwood State High School 200 Springwood Road, Springwood	Brisbane South
20 August	7:00 pm – 8:00 pm	North St Annex Cnr North & Wests Streets, Rockhampton	Rockhampton
21 August	7:00 pm – 8:00 pm	Coorparoo Secondary College Cnr Stnaley Street & Cavendish Road, Coorparoo	Brisbane East
25 August	7:00 pm – 8:00 pm	Townsville RSL 139 Charters Towers Road, Hermit Park	Townsville
26 August	7:00 pm – 8:00 pm	Arundel Hills Country Club Arundel Place, Arundel Hills	Gold Coast
27 August	7:00 pm – 8:00 pm	All Seasons Verona Hotel Cnr Camooweal & Marion Streets, Mt Isa	Mt Isa
28 August	7:00 pm – 8:00 pm	All Hallows' School Claver Theatre, entry via Dodge Lane, 547 Ann Street, Brisbane	Brisbane Central

Queensland Studies Authority

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