



# the Rochedale SENTINEL

Tuesday 30 May 2006 Number 7

## FROM THE PRINCIPAL'S DESK

With the end of semester approaching it is perhaps timely to provide parents and students with some advice about preparing for end of semester assessments. I trust the following will assist students and parents preparing for this busy time.

1. Make end of semester assessments your absolute priority. After all it is only about a two week period.
2. Prepare an assessment calendar which contains all assessment items and the material to be covered.
3. Plan your study time backwards from your assessment calendar. It is a good idea to start preparing for exams at least one week prior with assignments requiring two weeks or more.
4. Make sure you write it down. Most people tend to understand more, remember more and think better with pencil and paper. Studying is more than reading over your notes, its about answering questions, preparing responses, solving problems and understanding the theory.
5. Get plenty of sleep – at least 8-10 hours a night so that you are bright and alert.
6. Set your own goals and standards and work towards them. After all, only you will know when you have prepared yourself well and when you have achieved your best.

**REMEMBER:** Choosing not to plan and prepare is really choosing to fail.

### Year 11/12 Examination Block:

The formal year 11/12 examination block was from the afternoon of Wednesday 14 June to (and including) Wednesday 21 June. During this time, year 11/12 students are required to attend school for scheduled assessments. All year 11/12 students have been issued with an examination timetable. A copy is included in this Newsletter for the information of parents/caregivers.

All students are required to be in attendance on Thursday 22 June and Friday 23 June.

### Year 12 QCS Preparation 22 June:

Our year 12's undergo a full preparation program for the Queensland Core Skills Test throughout terms 2 and 3. On Thursday 22 June, year 12 students will sit a set of trial papers. As such, it is imperative that all year 12's are in attendance.

### Annual Athletics Carnival Friday 23 June:

Rochedale High traditionally finishes term 2 each year with its Athletics Carnival. Whilst there is a keen focus on our outstanding track and field athletics, a major focus is participation in a friendly and relaxed atmosphere. Parents and Caregivers are invited to join us from 9.00 am on this day.

### Feature Article – Teenagers and Alcohol:

In this newsletter I have included an article on Teenagers and Alcohol by Ken Warren. Ken is a Brisbane based Family Counsellor. This article is provided to assist parents in managing the development of our young people.

### Semester 1 Reports:

Reports for students in years 8-10 will be posted on Friday 23 June. Year 11/12 reports will be posted on Wednesday 19 July.

### Winter Vacation Period:

The winter vacation period commences on 24 June. Students return to school on Tuesday 11 July.

**David McDonald**  
Principal

**CHANGE OF DETAILS**

Please contact the office if there has been a change in name or address as we will be posting out end of Semester Reports in

**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)

## TEENAGERS AND ALCOHOL

### Feature article: Teenagers and alcohol (Ken Warren)

What do you do when your fifteen-year-old son wants to have alcohol at a party he is organising at your home? Lots of parents of teenagers can relate to this dilemma and the associated battle of wills.

On the "I can live with it" side of the argument is many parent's belief that their child will behave responsibly and that it is better they drink in a safe environment. If there is one thing worse than teenagers drinking at a party at home it is when they are intoxicated in public, or worse, behind the wheel of a car. Many parents of teenagers have learned they can only influence the choices their child makes. The older their child becomes, the less control the parents have over their teen's behaviour. Such parents believe they are better to preserve their relationship with their child rather than to escalate a perhaps already strained relationship to World War Three. I recommend that these parents at least give parents of other teenagers attending the information that alcohol will be present so they can make an informed decision on whether their child attends.

On the "Over my dead body" side of the argument is the belief that underage drinking is wrong, certainly illegal, and probably not what most parents would wish for their child. Just because it is commonplace among many teenagers does not make it right. Parents certainly need to be flexible with many things, but they also have to know those things in which they need to be firm. In fact, there is some research that indicates the earlier kids start drinking, the more likely it is they will develop problematic drinking in the future.

Many parents say no to alcohol, but offer what they can. They say "No" to alcohol being present, but "Yes" to having friends over for a BBQ. Or they say "Yes" to alcohol being present, but "No" to unlimited quantities, the party being unsupervised by adults, or people driving home intoxicated. Part of letting kids grow up is to allow them to take increasing risks as they become more responsible with their behaviour. Parents have to model for their teenagers not only the responsible use of alcohol but also consideration for others' needs.

I think a parent's decision on the way to proceed will depend on the answers to the following questions. Does their teenager have a history of responsible behaviour? What can parents be flexible about and what things can they not compromise? Is everyone going to be safe both during and after the party? And lastly, can they live with the outcome? Whatever is decided, I do not think parents need to compromise safety.

## 2006 QUEENSLAND CORE SKILLS (QCS) TEST

### Expression of Interest – Chief Community Representatives:

We invite expressions of interest from members of the community to nominate for appointment to the position of Chief Community Representative for the QCS test on Tuesday September 5 and Wednesday September 6.

For more details and nomination forms, please contact the school. The closing date for positions is FRIDAY 9 JUNE 2006.

## YOUTH COUNCIL APPOINTMENT

Congratulations to Raimond Tyson (11 Blue) on his appointment to the Logan City Youth Council for 2006-2008. He will receive his Certificate of Appointment which will be presented by His Worship the Mayor, Councillor Graham Able in July.

## COMPLETED MURAL COMES TO FRUITION!

The wall on the back of tuckshop has taken on a new look, with the completion of a "healthy lifestyle" mural.

This mural is a joint venture with a grant from Healthy Schools and kind donation from Councillor Peter Collins and Logan City Council. The council supplied two artists who designed and painted the mural, whilst the grant paid for the paint.

The mural depicts fruit and vegetables for healthy eating and physical activity with green fields in the back ground and our school shield in the middle.

A whole new look to an old wall.

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



## SCIENCE NEWS

What do you think of when you hear the word nuclear?

According to literature from the Australian Academy of Science, "every tonne of mined uranium used for fuel in place of coal saves the emission of 40,000 tonnes of carbon dioxide."

Globally approximately 40% of green house gases are produced by power stations, the remaining greenhouse gases are mostly contributed by cars and trucks. Should Australia be looking in the future to using nuclear power to help reduce greenhouse gases?

This question and many more environmental issues will be looked at in the next unit for grade 10 science.

### The Siemens SCIENCE Experience

An invitation is extended to all **year nine students** to attend The Siemens Science Experience.

The students attend a university for three fun days of science! In the program you will have:

- Hands on activities in university laboratories
- Short lectures on fascinating science topics
- Talks of further studies and careers in science
- Outdoor activities and excursions
- Social activities

There is a small registration fee that covers the cost of running the program. Students may seek sponsorship from their local Rotary Club.

Applications can be sent on line [www.scienceexperience.com.au](http://www.scienceexperience.com.au) or application forms available from the science department. Applications close on the 29<sup>th</sup> September.

### **Free monthly talks on science**

#### *The Universe from Beginning to End*

Lectures on how the universe was born, where it's going, and how it's likely to end.

Monday 29<sup>th</sup>, 6:30 – 7:30 pm Judith Wright Centre, 420 Brunswick St, Fortitude Valley

### **Queensland Youth Aerospace Forum**

Senior students are invited to attend a five day residential camp based at the University of Queensland, Queensland University of Technology and Griffith University. The camp focuses on the aerospace and space industries. Event highlights include hands-on activities such as plane building, zero-gravity simulation and site tours.

Simply download and complete the application form from [www.assa.com.au](http://www.assa.com.au) The closing date is the 5<sup>th</sup> of June.

### **Year 11 Biology Field Trip**

On Friday the 19<sup>th</sup> May, the Year 11 Biology class went to Bulimba Creek and Minnippi Pond to investigate the local ecology. The students sampled the quality of water in both areas by conducting tests using the data logger and the aquatic kits as well as observing the plant and animal life at the pond. On the day there was also the chance to practice various other techniques the students had learnt in class to get a snapshot of how healthy the area was. The information gathered will be analysed by the class and will form a major part of the assignment the students will be completing.

### **Textbooks**

At this time of year it would be expected that all students have a textbook for science. It is imperative that students bring their own text as class activities rely heavily on the text as a resource.

**Anna Albert**  
A/HOD

## **SPORT NEWS**

Another great season of summer sport has finally culminated with 3 of our teams involved in the grand final play-offs for the Brisbane Metropolitan Secondary Schools Region.



Our **year 9 girls touch team** contested their Grand Final on May 24, by convincingly defeating Morayfield SHS 12-1 in the morning semi final. The girls continued by carrying their excellent form into the afternoon Grand Final by defeating Cleveland SHS 9 - 5. To top off the day, Stevie Lee Thompson was awarded the 'player of the finals' trophy.

This is the second year running for this team to take out the Metro Finals Championship. Congratulations to all the girls and without doubt we will hear more of their success in future years.

Many thanks also to **Ms Bauer** who has willingly given up many hours of her own personal time to train this team to two successive championships - well done!



On the 26th of May our **year 8 boy's volleyball** and **year 10 boy's volleyball** teams travelled to the Boondall Entertainment Centre to Contest the volleyball metro finals.

In a confident display the year 8 team defeated Balmoral SHS in their morning semi final. In the afternoon Grand Final the boys went down to a well polished Corinda SHS team, but they still managed to stay in the game until the last few points of the deciding set. Well done to all the boys and their coach **Mrs Broadway** – remember there is always next year!

Our year 10 boys began their day in with a 2 ½ hour gruelling 5 set match also against Balmoral SHS. After taking victory in this game, one could be forgiven for believing the boys had nothing left in the tank. However, after a short period of rest the team fronted up to a confident Corinda SHS team in the Grand Final. With a never say die attitude the boys lifted to the occasion and within 40 minutes it was all over. In a devastating display of volleyball the boys took out the Grand Final 3 sets to nil. Our congratulations to all the boys and **Mr Broadway** on this fantastic achievement.

### **Cross Country – more District Reps from Rochedale SHS!**

Congratulations to **David Forrester, Kelly Jones, Casey Jaenke Cain, Sam Whatley** and **Jessica Wallace** on achieving selection in the Brisbane South District Cross Country Team. These students will contest the upcoming regional titles at Loganlea SHS - we wish them well.

### **Congratulations to the following students who have claimed school/club honours:**

Zac Schultz (Yr 10) – Queensland U15 Lacrosse Team  
Matthew Coutlis (Yr 10) – Queensland U15 Volleyball  
Charlee Hamilton (Yr 9) – Queensland U14 Netball  
Sioeli Filianga (Yr 9) – Brisbane U14 Rugby League  
Heath Andrews (Yr 10) – Met East U15 Rugby Union

## THE ARTS NEWS



### BUSY MONTH OF MAY

#### **MONSTER MAGIC**

This school tour was an enormous success with the students in Year 9 Drama experiencing the thrill of acting to a real audience. The students at Rochedale South State School and St Elizabeths at Tarragindi were very excited to see the colourful doll and monster costumes come to life. Under 8s week is an excellent opportunity to develop an exciting children's production. The students' acting and dancing skills were fantastic and their behaviour was excellent. Congratulations to these students. Rachel Rose, Rachel Boland, Melissa Caranese, Nick Dyson, Amanda Gaudie, Christina Glasson, James Graczyk, Charlee Hamilton, Colleen Hann, Jessica Ingram, Natasha Kelly, Natasha Krishna, Tamiaka Lennox, Jesse Lovett, Brooke Miller, Whitney Roberts, Jesse Sander, Joanne Saporoshetz, Jaymee-Leigh Seehars, Sophie Smith, Jeannine Sonnekus, Sharni Tesch, Alikra-Lee Toby, Tianna Utz and Morgan Williams.

#### **MUSIC MAESTRO**

There were bands, instrumentalists, singers and even a Britney Spears impersonator. Music Maestro was a night of extraordinary talent beginning with the Concert Band's lively performance under the directorship of Bryan Pearson. Highlights of the night included singers performing their own compositions such as Reuban Chant's "Something For Her". Emily Gudgeon performed her own piano jazz composition and year 8 student, James Clarke was amazing on the guitar with his performance of his own classical guitar piece. There were many dynamic singers and instrumentalists throughout the night ably compared by two of our Cultural Leaders, Erin Page and Thomas Lilley. Congratulations to all students and teachers involved and a big thank you to the parents and students who took the time to come along on the evening.

#### **VISUAL AND PERFORMING ARTS IN YEAR 8**

Our creative Year 8 students have also had a busy time in the Arts. All year 8s came along to watch "Papalote", a musical group exploring the development of Latin music through the contemporary use of syntheses. The musicians performed Brazilian, Salsa and Caribbean music with loads of student interaction.

The next day, a group of performers stayed back to rehearse their own production of the Jazz Club loosely based on the musical, Chicago. The Rochedale Extended Abilities Program, "Performance Plus" gives year 8 students the opportunity to rehearse and extend their dance, drama and singing skills outside the classroom. These actors and dancers are very dedicated and extremely talented. Congratulations to Taylor Johnson, Leigh Alley, Casey-Marie Jaenke-Caine, Ashlin Milne, Telissia Borg, Amy King, Emily Hudson, Paige Ebersohn, Tegan Sloane, Zoe Gratham, Chloe Mullins, Lauren Bellworthy, Rachel Solomon, Lauren Bearkley and Josh Pollard.



## IN ZOOM PERFORMANCE

It was recently proven that it is, in fact, possible to hold the attention of almost two hundred fifteen-year-olds for seventy minutes without a single word being spoken. On Thursday 18<sup>th</sup> May, a performance by 'On Tour In Schools' not only held the attention of students of year 10 English and year 9 Drama, but also managed to entertain and teach them some amazing performance skills.

Starring two Russian-born performers, the touring show *In Zoom* incorporates acting, mime, magic tricks, acrobatics, clowning and physical comedy. Their very clever and sophisticated performance relies on the ability of humans to tell stories and make others laugh using their bodies, facial expressions (and some well placed sound effects.)

The performance was very warmly received by audience members, who were encouraged to interact throughout the show. Students particularly enjoyed *In Zoom's* hilarious mimes, physical comedy and stunning acrobatics, especially after the actors told students how many hours per day they spend in training and rehearsals. *In Zoom* proved to be a very unique, professional and highly entertaining Arts experience for students of Rochedale State High.

## IT AND BUSINESS NEWS



Thirty two students from local primary schools and six of our year eight students took part in the annual RSHS ICT Boot Camp. Students produced some impressive digital Images, Flash animations and programming work in Visual Basic.

Thanks to the year 10 and 12 students who assisted in the classroom and with the catering. Thanks also to OPTIMA computers for their generous sponsorship of the event.



By Bradley Lightfoot Rochedale SSS

## GUIDANCE NEWS

### YOUNG CARERS PROJECT

Young Carers Project is a relatively new Commonwealth (FaCs) funded initiative to support young people (under 25 yrs) who are the main carer of someone with an ongoing health problem, disability, drug/alcohol issue or mental illness.

Flexible assistance can be provided such as:

- Housework
- Support with school work
- Fun activities with other young carers
- A break from the caring role.

Phone 1800 059 059.

### MID YEAR APPLICATIONS CLOSE SOON

Do you know any students who are unhappy with their current study choice? They have the opportunity to apply to UQ via mid-year entry. The closing date for mid-year applications for domestic students through the Queensland Tertiary Admission Centre (QTAC) is **Monday 5 June 2006**. Further details, including the programs on offer for mid-year, can be found on our website at [www.uq.edu.au/study](http://www.uq.edu.au/study)

### TAFE QLD GUIDE

Your guide to greater possibilities!

The newly released TAFE Queensland Guide is an easy reference to discover what TAFE Queensland can offer you.

The guide is packed with information on study options, career opportunities, learning pathways, contact details for institutes, a handy index and more!

Copies have been sent to Secondary Schools and Parents and Citizens Associations across Queensland and further copies can be downloaded at [www.tafe.qld.gov.au](http://www.tafe.qld.gov.au) (under publications) in the coming weeks.

### EXCELLENCE EXPO

The Excellence Expo will be held on **Saturday 5 August 2006** and will involve secondary school students both individually and in teams. To maximise students exposure to the academic community, Griffith University is also proud to announce that Excellence Expo will be held in two exhibition venues; the Queensland College of Art, Southbank and at the Gold Coast University campus.

Students brief is to design and submit a multimedia project using appropriate software and must be exported in line with the requirements stated on the application form. Excellence Expo project topics must be based on either the Southbank theme of '125 years of Creative Connections' or the Gold Coast theme 'How can creativity be used to prepare the Gold Coast for the next 25 years?' This theme category has been selected by the University as a celebration of Queensland College of Art 25 years of establishment. Students can draw on the disciplines of creative arts, business, health, environmental, science and other disciplines, which address the topic and are of interest to the entrant.

For more information please visit the following website:

<http://kali.qca.gu.edu.au/~projects/excellenceexpo/home.html>.

## MATHS NEWS

On Thursday 11 May, approx 90 students across all year levels sat for the University of NSW (UNSW) Maths Assessment.

On 27 July, students will also have the opportunity to participate in the Westpac Maths Competition. Both competitions are conducted across Australia and students who obtain good results will have the satisfaction of knowing that they are doing well at Maths compared to other students across the country (over 250, 000) students sit for these competitions).

Along with Certificate Awards for Achievement, the students receive a detailed analysis of their strengths and weaknesses across the strands of Maths. This provides invaluable information for students, parents and teachers and will help identify where the student needs to focus their studies.

Cost to students    \$3 – UNSW Assessment  
                              \$2 – Westpac Maths Comp.

Thank you to the P & C who subsidises the competitions by the same amount.

Scientific Calculators are available from the Maths Department. Cost \$15.

Every student needs a calculator for Maths and with exams in progress over the next few weeks for all year levels, a calculator is essential for student success.

Which is the correct answer?

4 km + 4m + 4 cm + 4 mm =  km

- (A) 4.444
- (B) 4.00444
- (C) 4.040404
- (D) 4.004044

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

## "60 SECONDS WITH ....."

NAME: Scott Weston  
POSITION: Chaplain  
FAMILY: Karen (Wife)  
3 daughters  
WHERE BORN: Brisbane  
ATTENDED SCHOOL: Rochedale State High School  
(Foundation Student)  
FAVOURITE FOOD: Hamburgers  
FAVOURITE MOVIE: Willy Wonka & The Chocolate  
Factory  
FAVOURITE SPORT: Motor Racing  
HOBBIES: Mountain Bike Riding  
FAVOURITE HOLIDAY  
DESTINATION: Alexandra Headlands

IF YOU COULD INVITE 4 PEOPLE TO DINNER WHO  
WOULD THEY BE AND WHY?

1. GOD – To see how to make this world better.
2. NELSON MANDELA – To find out what keeps this man  
so strong after all he has been through.
3. NOAH – How did he get all those animals in the Ark.
4. LANCE ARMSTRONG – Find out how he overcame  
Cancer and won so many bike races.

## UNIFORM NEWS

**New trading hours for 2006 are as follows: Monday  
and Wednesday 8.00 – 11.00 am.**

We have Winter stock available. Some sizes have already  
sold out e.g. small and medium in the Fleecy Polos only, other  
sizes still available. Sorry for any inconvenience.

All sizes are available in the Taslon Jackets at a cost of \$71.00.

Scarves are now available at a cost of \$14.00.

Lay-by's are to be finalized before the June holidays.

### Second Hand Uniform Procedure

We have a register in which you leave your name, phone  
number, a list of items and prices you are asking. (You keep  
the items at home). People will contact you and make  
arrangements with you if they are interested as I do not have  
the space to hold second hand uniforms at school.

If you wish to **donate** uniforms, please do so at the office any  
time.

**A Wright**  
**Uniform Convenor**

Sportsmotion Skate Arena  
Inline & Roller Skating Centre  
June /July School Holidays  
Vacation Care Program

*Monday 26 June – Friday 7 July*

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**

7 - 11 Centenary Rd Slacks Creek Phone:32085566

