FROM THE PRINCIPAL'S DESK

Singaporean Principals to Visit

The international reputation of Rochedale High continues to blossom. To date this year, the school has received delegations from Korea and China and looks forward to hosting a group of Principals from Singapore on March 13. The purpose of these visits to our school is to discuss the success the school has achieved over recent years in relation to our school renewal and international student programs. As Principal, it is rewarding to be able to share the success of our school with our International visitors.

Interim Reports

Teachers have commenced compiling Interim Reports for Term 1 2006. These reports aim to provide parents with information on how their student has settled into the school year and cover the areas of application to studies, homework and classroom conduct. Reports will be posted home on Friday 24 March. To assist parents in obtaining further information on their students' progress, a parent/teacher evening will be held on 4 April. Details and booking information will be posted home with the Interim Reports.

Student Performance Monitoring

Each year the school undertakes a series of proactive student monitoring activities in order to ensure that students remain focused and on task. The monitoring program for Year 11/12 students has commenced and aims to identify students who are underperforming in multiple subjects. Once identified, students will be required to undergo an interview with a member of the school administration and a parent/caregiver. For Year 8, 9, 10 students, information of student performance will be collated. Students requiring an interview will have parent/caregivers contacted to organise an interview with a member of the administration at the Parent/Teacher Evening of 4 April.

The aim of both of these monitoring programs is to provide students with every opportunity and where appropriate the necessary support to achieve to their potential.

David McDonald
Principal

LIONS YOUTH OF THE YEAR

Congratulations to Kathryn Brooker-Hayes in Year 12 for her creditable performance at the Lions Youth of the Year Quest on Tuesday night 28 February.

The quest involved two segments. The first involved being interviewed by a panel of community members. The second was a public speaking competition which involved Kathryn completing a 5 minute prepared speech and two 2 minute impromptu speeches. In both of these segments, Kathryn impressed the judges with her broad general knowledge and her composure in delivering speeches to a public audience. Thank-you for your efforts Kathryn, we were very proud to have you representing our school.

TRAFFIC CONGESTION

Recent news events have highlighted the challenge that parents/caregivers face when collecting students from school particularly in the busy afternoon period. To this end I offer the following suggestions

- If using the setdown area at the front of the school, consider exiting left into Priestdale Road as this will minimize return traffic flow in front of the school
- Consider collecting students a little later than 3.00 pm. The traffic congestion has generally dissipated by 3.10 pm.
- Consider collecting students from the Eastern end of Priestdale Road and having students walk a couple of hundred metres to meet you.

With the support of Councillor Adrian Schrinner, updated line markings in the set down area and on Priestdale Road will be put in place in order to improve, as much as possible, the traffic congestion between 3.00 pm and 3.10 pm. Your support in assisting to manage this traffic issue is appreciated.

Rochedale State High School

Parents and Citizens Association

Notice of Annual General Meeting

7.00 pm Tuesday 21 March

School Administration Building

SPORT NEWS

Interschool Sport

Interschool sport is now well under way. During the summer season we will be fielding girls teams in Volleyball (all year levels), Touch (all year levels), Open Girls Cricket, Softball (all year levels) and Basketball (Years 8 and 9). Boys will be contesting games in Volleyball (all year levels), Touch (all year levels), Basketball (Years 8 and 9), Open Cricket and Squash. Traditionally we have achieved excellent results in summer sports, largely due to the high number of students who are willing to get involved and become active participants in our sports

program. This summer a total of 250 students are involved with our summer Interschool sport teams - a great effort. We will keep you informed of their progress in future newsletters. Good luck to all teams.

Early release from home games

Parents and caregivers are reminded of the early release scheme which operates for all students involved in home games. Students who have returned the consent form giving Parental/Caregiver approval are permitted to make their way home upon the completion of home games (around 2.30 pm). The scheme does not apply to students involved in games at the central venue or students travelling to away games. Students who do not return forms will remain at school under the supervision of sport staff until 3.00 pm.

Student release from Wednesday sport

Wednesday afternoon sports/activities are a compulsory part of the school curriculum. The school offers a wide range of competitive and non-competitive physical pursuits, plus a variety of recreational and leisure activities to accommodate the interests of all students. However students involved in elite athletic or performance coaching, work experience placements or short course educational programs (eg. TAFE courses) may apply for release on Wednesday afternoons. Students wishing to seek a release from the sports/activities program are required to submit a written application to the Principal for discussion and endorsement. Please note that under no circumstances will students be released for the purposes of paid employment.

Transport to recreational activities outside the school campus

The High School organises and provides bus transport for students involved in recreational activities off the school campus. Upon conclusion of the activity the expectation is that all students will return to the school by bus, whereby they will be dismissed at 3.00 pm. Please be aware that teachers will not leave students at outside venues to walk home or be picked up by others.

Met East Representatives

The first cluster for students wishing to trial for Metropolitan East sporting teams was held recently.

Congratulations to the following students for gaining selection in the following teams:

Under 15 Girls Touch -- Stevie Lee Thompson, Robina Thompson, Madelyn Ludwigsen, Casey Jaenke Cain (Shadow)

Open Girls Touch – Kelly Jones, Laura Jaenke Cain (Shadow)

Under 15 Girls Volleyball – Grace Leo, Whitney Roberts, Rachel Gulliver, Jess Hamer

Open Girls Volleyball – Tanya Neumann

Under 15 Boys Volleyball – Matt Coutlis, Luke Dalton, Ryan Hogan (Shadow)

Open Boys Volleyball – Cameron Austin, Ben Boland (Shadow)

The Metropolitan East sporting region involves many thousands of students, and the standard of athletic performances required to make representative teams is always of a high standard. These students should feel duly proud of their performances in gaining selection, as should the rest of the Rochedale High School community. Congratulations to all students, and good luck in your upcoming State Championships.

HEALTH MATTERS

Healthy Food and Drink Supply Strategy for Queensland Schools

In recent years, levels of overweight and obesity in children and young people have increased dramatically. Overweight and obesity is usually a result of excess energy intake through eating too much food or the wrong type of food, combined with doing too little physical activity or being inactive for too much of the day.

The *Healthy Food and Drink Supply Strategy for Queensland Schools* is all about offering healthy food and drink choices to students in Queensland schools.

School food and drink supply includes all situations where food is supplied in the school environment - tuckshops, vending machines, school excursions, school camps, fundraising, classroom rewards, school events such as celebrations and sports days, and food used in curriculum activities.

Basically the foods are divided into 3 categories

Green – Have plenty

- Are excellent sources of important nutrients
- Are low in saturated fats and/or added sugar and/or salt
- Help to avoid an intake of excess energy (kilojoules or calories)

Amber – Select carefully

- Have some nutritional value
- Have moderate amounts of saturated fat and/or sugar and/or salt
- Can, in large serves, contribute to excess energy (kilojoules or calories)

Red – Occasionally

- Lack adequate nutritional value
- Are high in saturated fat and/or sugar and/or salt
- Can contribute to excess energy (kilojoules or calories)

Our school has reviewed current practices and has made, and is continuing to make the relevant changes. By 1 July, 2006 implementation of the *Smart Choices- Healthy Food and Drink Supply Strategy for Queensland Schools* will be mandatory in all state schools.

Any queries regarding the changes can be directed to the tuckshop convenor Colleen Goodwin, or myself, Colleen Hunter

There will be more information over the next few months in the newsletters

Cheers

Colleen Hunter (School Health Nurse)

The Breakfast Verdict – from *Choice*

If your children don't eat breakfast, they will be hungry by mid morning. If children skip breakfast they have a higher risk of becoming over weight than those who eat breakfast. To keep children's energy levels up, they need to eat a good breakfast every day.

Does your breakfast cereal get the thumbs up???

Breakfast cereal	Rating
Sanitarium Weet-Bix	👍
Kellogg's Nutri-Grain	👎
Kellogg's Corn Flakes	👎
Kellogg's Just Right	**OK**
Uncle Tobys Vita Brits	👍
Kellogg's Coco Pops	👎
Uncle Tobys Flakes Plus	**OK**
Kellogg's Sultana Bran	👍
Kellogg's Special K	**OK**
Kellogg's Rice Bubbles	👎

Source: Australian Consumers' Association - *Choice – www.choice.com.au*

UNIFORM NEWS

***New trading hours from 30 January 2006 are as follows*: Monday and Wednesday 8.00 – 11.00 am**.

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)

Upcoming Events

08/03/06	7 – 8.30 pm SSST/Family Evening
08/03/06	Summer Sport Wk 5
15/03/06	Summer Sport Wk 6
	96.5 FM Yr 11 Admin Access
20/03/06 – 24/03/06	Yr 11/12 Interruption Free
21/03/06	P & C Meeting
22/03/06	Summer Sport Wk 7
24/03/06	Post Report & Interview Materials

COMMUNITY NEWS

AUSTRALIAN ACTING ACADEMY

Has your Child got a Flair for the Dramatics or Just Loves Acting?

Acting classes give your child a safe and supportive outlet for their creative energy and enhance their confidence, clear speaking and imagination . . . Plus they're loads of fun.

Call the Australian Acting Academy on

1300 ACTING
1300228 464
for classes in your area enrolling for
8-12 and 13-17 year olds

OUR GUARANTEE

After the first 9 weeks of classes your child will be able to demonstrate increased acting knowledge, improved confidence and greater performance skills! If not, we will refund the ENTIRE fees paid PLUS give your child an acting workshop for **FREE**!

Expect the Best:
- ★ **Contemporary program updated every year**
- ★ **Enthusiastic, caring and qualified instructors**
- ★ **Capped class numbers**
- ★ **Convenient locations**

Ag Science Show Team
Homestyle Bake Fundraising
Money & Orders due to Science Staffroom – Wednesday 15/03/06
Collection of Orders – Wednesday 22/03/06 after 3.00pm from Science Block

Student Name & Care Class: _____
Make Cheques Payable to Rochedale State High School

	PRODUCT	PRICE	No.	No.	No.	No.	No.
EASTER	Hot Cross Buns with Fruit pk 6	$3.50					
	Hot Cross Buns without Fruit pk6	$3.45					
	Caramel Fudge (150g pk)	$3.85					
	Chocolate Covered Ginger (150g pk)	$5.80					
	Mini Chocolate Easter Eggs pk 24	$4.80					
	Cadbury's Favourites (95g Box)	$6.25					
	Gourmet Jelly Beans (45g Box)	$2.80					
	Gingerbread Men pk 4	$5.10					
SMART CHOICE	Family Beef Pie (reduced fat and salt)	$5.20					
	Family Mushroom Pie (reduced fat and salt)	$5.20					
	Kool Skool Pies pk 4 (reduced fat and salt)	$7.55					
	Kool Skool Sausage Rolls pk 4 (reduced fat and salt)	$5.30					
	Strawberry Bar Cake (reduced fat and increased fibre)	$5.30					
	Apple & Custard Bar Cake (reduced fat and increased fibre)	$5.30					
	Blueberry Muffins pk 4 (reduced fat)	$7.60					
FAMILY SAVOURY PIES	Family Beef (600g)	$4.60					
	Family Beef & Bacon (600g)	$4.60					
	Family Beef & Mushroom (600g)	$4.60					
	Family Lamb & Rosemary (600g)	$5.15					
	Family Chicken & Vegetable (600g)	$5.15					
	Shepherd's Pie (750g)	$5.15					
	Steak Dianne (750g)	$5.15					
MEALS FOR ONE	Beef Pie (170g ea) pk4	$6.55					
	Mushie Pea Pie (180g ea) pk4	$6.90					
	Cheese & Bacon Potato Topped Pies (240g ea) pk4	$6.90					
	Quiche (150g ea) pk4	$6.90					
	Sausage Rolls (90g ea) pk4	$4.95					
	Cheese & Spinach Rolls (190g) pk4	$7.75					
	Lunchbox Lasagne (200g ea) per 4	$8.60					
SWEET SECLECTION	Family Apple Pie (550g)	$4.60					
	Family Blueberry & Apple Pie (550g)	$4.60					
	Cherry Slice pk4	$5.35					
	Caramel Slice pk4	$5.35					
	Rich Chocolate Cake (350g)	$4.80					
	Carrot & Walnut Cake (350g)	$4.80					
	Chocolate Lamingtons pk6	$4.10					
	Raspberry Lamingtons pk6	$4.10					
	Rocky Road (300g)	$5.60					