



The Rochedale

SENTINEL

Tuesday 5 May 2009

Number 5

FROM THE PRINCIPAL'S DESK

By the time this Newsletter has reached homes the annual **School Musical "Shrink"** will be over. I would like to congratulate Ms Hearn HOD Performing Arts, her staff and the students for their time, talents and enthusiasm. The event held over two nights was a complete sell out and including the performances in front of our Year 8s and feeder schools Yr 5s, entertained to an audience of over 750.

I would also like to congratulate all students who participated in the Summer rounds of **Interscholar Sport** but particularly the 10 teams that have reached the district finals. Teams representing Rochedale in Touch football, Volleyball, Softball, Basketball and Squash will play this week for the opportunity to compete in the Metropolitan finals. We wish them good luck.

The school community would like to thank Mr Bennett HOD Social Science, the Year 11 students, Mr Pearson and the School Concert Bank for the excellent **Anzac Day Ceremony** that they organised last Monday. I would especially like to thank Thomas Bricknell for his expert handling of the 'Last Post'.

As many parents are aware students in Year 9 will take part in **NAPLAN** testing on 12 – 14 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.

Congratulations to Year 12 Year Coordinator Ms Bernhagen who has taken up the Road Safety Issue with the Seniors. Over one hundred students will participate in our Rotary Club sponsored whole day **Driver Education Course** to be held at Mt Cotton Driver Education Centre on Friday May 15. The school believes that this is an outstanding initiative and hopes that every participant gains from the day.

I would also like to inform the school community that our **Open Day/Evening** will be held at school on Tuesday 19 May. As has been the practice in the past, the school day for our students (except those whose parents have requested for them to be supervised) will end at 12.00 noon. Letters that allow students to finish school at midday will be sent home this week.

Students from local feeder schools will attend a School Expo from 12.30 – 2.30 pm and parents are invited to attend the Evening Session from 7.00 – 8.00 pm with displays from 6.30 pm. At this session parents and students will be addressed by the Principal and School Support Staff. They can participate in a brief school tour, talk to Heads of Department and Senior students and view department displays in the Dance Studio. Enrolment packs will be distributed on that night and enrolment interviews will be booked. The school aims to make this a brief but informative night that helps parents make decisions for their student Secondary Schooling future.

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.

Peter Peisker
A/Principal

QUEENSLAND CORE SKILLS TEST 2009 REPS

Anyone interested in acting as **Community Reps for this year's Queensland Core Skills Test (QCS test)** on Tuesday 1 September and Wednesday 2 September 2009 is to contact the school for details and the package of information. Please note, that you are 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 15.

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 9 NAPLAN TESTS

The Year 9 NAPLAN (National Assessment Program Literacy and Numeracy) Tests are being held across Queensland on the dates given below. All Year 9 students are expected to complete the tests, which are held under supervised test conditions. Parents may contact the Principal if they believe their student should be exempt from the tests for language, religious or philosophical reasons. An *Application for variation to student participation form* must be completed and returned to the Principal.

Tuesday 12th May

Language Conventions: 45 mins plus 10-15 mins test intro time.

Writing: 40 mins plus 10 mins test intro time.

Wednesday 13 May

Reading: 65 mins plus 10-15 mins test intro time.

Thursday 14 May

Numeracy (Calculator allowed): 40 mins plus 10 mins test intro time.

Numeracy (non-calculator test): 40 mins plus 10 mins test intro time.

Students are permitted to take the following equipment into the test area:

- 2B or HB pencils
- Eraser
- Pencil sharpener
- Blue or black biros (for the Writing test)
- One sheet of blank paper for the Writing test, blank paper for the Numeracy tests.
- Calculator for the first Numeracy test.
- **NO MOBILE PHONES ARE PERMITTED IN THE TEST ROOMS**

Please contact the school on 33400 400 should you have any questions about the NAPLAN Tests.

MATHS NEWS

On Thursday 19 March Rochedale SHS had two chess teams competing in the Qld Interschool Teams Chess Championships.

There were 26 teams competing from high schools all over the south side. The team of Onyx Gendry, Joshua Mulheran, Rommel Lapuz and Jordan Ma came in a very good 14th place. The team of Chris Jones, Bradley Lightfoot, Joshua Mills and Thomas Coulthard was only a couple of places behind in 17th position. The best player on the day was Rommel with 3 wins and one draw out of 7 matches. It was a great day for all with everyone coming away with an enthusiastic attitude towards improving their game for next time.

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 skill in our students. One 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 7 May all Year 12 Maths A and Pre Vocational students are participating in the excursion, which is 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.**

During the Maths lesson following the practical session, 12 Maths A students will be doing the theory part of the assessment in the test form. This test will be based on the excursion.

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

This is a question from last years NAPAN Test:

Tony drove 4½ hours. His average speed for the first 80 km was 60 km per hour. How long did he take to travel the last 120 km?

Mrs Elena Trushin

MATHS TUTORING

Teachers of the Maths Department will be available for tutoring before school.

Where: BMA5

When: Monday - Friday, 8am - 8:45am

If there is no teacher in the room when you arrive, please knock on the Maths Staffroom door.

SPORT NEWS



DISTRICT CROSS-COUNTRY 2009

On the 30th of May 2009 the Rochedale cross-country team participated in the South District Cross-Country held at Redeemer's Stolz Oval. It included many schools from all around the district. The weather was perfect without a cloud in the sky, sunny and warm just like taking an order and having everything served up the way you wanted! We would like to extend our congratulations to the entire team who represented the school with excellent attitude, behaviour and performances. Our students' sportsmanship was on hand for all to see as we cheered on not only our fellow team members but also other schools for their fine performances.

It was outstanding to see the following students place in the top 15 – Jacob Mitchell, Ashley James, and Dorothea Weinschenk. Another two outstanding performances were seen from Tom Bricknell who made it into the top 10 with 9th place and Shannon Smit who took 1st position overall. Well Done!

Results (Name and placing)

GIRLS	BOYS	GIRLS	BOYS
13 years		15 years	
Loryn Chivers 34	Jacob Mitchell 11	Carly Walsh 18	Tom Bricknell 9
	Nathan Fleming 20	Rose Rogers 23	Robert Haslam 38
	Jake Buckley 43	Danielle Nowell 42	Jake McGuire 39
	Jack Batho 44		Matthew Walsh 45
14 years		16 years	
Madison James 20	Ashley James 12	Shannon Smit 1	Tyson Franklin 45
Erin Latimer 34	David Mutch 29		Jason Neil 46
Elaine Chow 35	Nick Halpin 34		Aaron McBryde 47
Heba Bou Orm 44	Zac Johnson 38	17 years	
Jemima James 45	Jordan O'Hara 47	Dorothea Weinschenk 11	Uriah Carpenter-Watson 42
Jessica Salisbury 47	Conor McNaught 50		Luke Halliday 44
Alesha Barnett 48			Nathan Hartwell 45

INTER-SCHOOL SPORT SELECTIONS 2009 WINTER SPORT

Girls- interschool teams	
YEAR 8 & 9	YEAR 10 & OPEN
NETBALL	NETBALL
SOCCER	SOCCER
VOLLEYBALL	VOLLEYBALL
BASKETBALL	BASKETBALL
BADMINTON	BADMINTON
TENNIS	TENNIS

Boys- interschool sport	
YEAR 8 & 9	YEAR 10 & OPEN
RUGBY LEAGUE	RUGBY LEAGUE
BASKETBALL	BASKETBALL
SOCCER	SOCCER
AFL	AFL
BADMINTON	BADMINTON
TENNIS	TENNIS

Interschool sport costs for travel over the 8 week winter season

All sports are played at schools except for central venue teams (refer below): cost is **\$35**.

Rugby League (Open/U15), Boys soccer (8/9), Boys basketball (Open/U15), AFL (Yr 9/Open), Netball (Open/U15/Yr 9) are all played at central venues at a cost of **\$40**.

Recreational sport costs for travel over 8 week winter season

Ten-Pin Bowling, Oz-Sports, Fitness First, Indoor Rock-Climbing are all outside school at a travel cost of **\$50 + entry fee from \$3-\$7**.

Community Service	Cost to be advised
Active Kidz	Cost to be advised
Table-Tennis	\$5
Beginners Guitar	\$5

There will be other activities at school that require no cost like Aerobics, Board Games, Study, Computers, Fashion Design, and School sport.

The Ag Show team is held at school at no cost. It is expected that you have already chosen this activity from summer season.

GUIDANCE NEWS

GROOMING AND DEPARTMENT COURSE FOR GIRLS IN YEARS 8 TO 10

Mrs Elizabeth Wilson will share details at the student year assemblies over the next couple of weeks about an opportunity for the girls in Years 8, 9 and 10 to complete an after-school Grooming and Department course which will be run in the final 5 Monday afternoons of this term. Mrs Wilson has decades of experience in the industry, having started out as a model with June Dally Watkins and later becoming one of the trainers at her academy. She has run her own Elizabeth Wilson School of Department and Grooming in schools around Queensland for many years now. This reasonably priced Personal Development Workshop covers the care of skin, hair, and nails, make-up application and dress sense, etiquette and posture, and much more. Training of this nature increases self-confidence and develops poise. A detailed booking form will be given to girls at the assemblies or they can pick one up from the Front Office. Enquiries (07) 5543 1149.

TERTIARY STUDIES EXPO 2009 VIDEO COMPETITION (TSXPO)

Let the world know where today's students want to go!

Submit a short video of 60 seconds or less, creatively expressing students aspirations, focusing on higher education and career paths.

Competition Closes: Wednesday 24 June 2009
Entry Categories: Individual and School Group submission.

Prizes: Individual - A high definition JVC digital video camera valued at \$1200 plus \$500 cash and a trophy.

Group - A high definition JVC digital video camera valued at \$1200, a cash prize of \$1000 towards new media equipment at your school, medals for all participant5s and a group trophy.

Be creative! Judges will be looking for a clever concept. Entries can be animation, drama, comedy, rap, dance or anything that is creative, original, possibly funny and inspiring!

GET STARTED TODAY! Visit www.tsxpo.org to download entry forms, view technical details, terms and conditions and useful tips.

Visit TSXPO Saturday & Sunday, 18-19 July from 10 am – 4 pm at the Exhibition Building, RNA Showgrounds, Brisbane. Video competition winners will be announced Sunday 19 July 2009.

RESOURCES FOR PARENTS-QUT

QUT offers a range of resources to ensure parents can access the information they need to support their son or daughter through their course and career decision making, and transition from school to university.

QUT News for Parents – an electronic newsletter containing the latest information about courses, facilities, scholarships, support services and other topics of interest to parents. Parents can subscribe at qut.com/parents

Parent information sessions – QUT will hold a Parent Information Evening on Wednesday 3 June at Kelvin Grove campus, and also offers specific seminars for parents at **Open Day**, and QUT on Show later in the year. Details about these events are available at go.qut.com/liaison/events

Parents brochure – QUT publishes a brochure for parents with information about resources for decision making, study costs, support, career outcomes and scholarships. The brochure is available online at go.qut.com/resources/index.jsp or at any of our events.

Guide to the QUT website – To make finding online information easier, parents can visit qut.com/parents for links to web pages relevant to parents and prospective students.

EXCESS ANXIETY CAN CAUSE BURNOUT (from Coping with Kids with Dr John Irvine)

It was about this time last year that Kate fell apart as she began her final year of high school.

Kate was a terrific student who had worked hard right through and always had great reports.

But, coming back for the last lap she just ran out of steam. Her assignments started to pile up, she couldn't sleep, couldn't eat and this lovely natured girl became a rude, screaming, disobedient tyrant.

It was crisis time for the whole family and Kate ended up packing her bags, taking off and working for her uncle in a supermarket.

I recall reading interesting research in the New Scientist that indicated that where excess anxiety is applied to school-related work the brain can actually burn-out and be unable to gear up for the final leg of the marathon.

So this is the time for parents to take stock. If you find your anxiety level has gone up a notch or two since school began this year, then don't for a moment think your kids won't feel the added anxiety and tension in the home.

How well the students perform depends a lot on their personality, their peers, their past performances, their pedagogues and their parents.

PERSONALITY – some kids just aren't focused and all the bribing, badgering, belittling or depriving won't change that. If you can, work out what type of management suits their personality then you're well in front. Some students work better in the morning, some later, some work better alone and others in company, some like short blocks and some longer, some work in silence, others with white noise.

PEERS – students tend to try as hard or as little as their peers or mates – their friends are their reference group so their attitudes and application will tend to conform to the group norm. The advantage of a conscientious peer group is that they can form study groups and study cooperatively and make it a bit more fun than confined to quarters.

PAST PERFORMANCES – if they have a history of success or effort then irrespective of your anxiety or theirs, that's probably how they'll handle this year. If they have never tried or applied themselves then that's probably how this year will go too. If they are moderately intelligent but healthy and happy then that's probably a better combination than dropping everything for the big UAI, or TER, VAC or whatever. I have often found that kids who are whipped along and just scrape into a course through outside pressure, often don't have the inside motivation to keep it going and drop out.

PEDAGOGUES – this is not just their teachers. Many feel the benefit of 1:1 tutoring, especially if it's done with someone of their own generation. A university student wanting pocket money often motivates them more because the student feels free to ask dumb questions and the tutoring is more fun. At school if students get the feeling the teacher is interested, available, accepting, helpful and committed then students will also show greater commitment.

PARENTS – parents will often do more harm than good if they don't know the basic motivational ABC for students.

A – attitudes that ooze trust, confidence, understanding and respect. Now that's not easy if you've seen your kids make almost as many mistakes as ... you did at their age.

B – behaviour that is positive, supportive and which recognises that a good example is the best lesson and experience is the best teacher.

C – consequences are the way we all learn. Students will only gain confidence in themselves if they've learnt they can make and repair mistakes and survive.

No parent, no student gets it all right and just listening to the top 100% students from last year's NSW HSC I was reminded that there is no one right way to make it work. Some were very organised, some worked in bursts. But all seemed to feel they had their family firmly behind them.

CHAPLAIN NEWS



GENTS Camp

During the holidays, I went with nine Year 8-10 boys on GENTS camp. It was held at Noosa and was such an action-packed week! We also had great times exploring and talking about life, faith and God. Some of the activities we did were tubing, laser skirmish, cable water skiing and "tribal wars". Personally, tubing was my favourite part!

The next GENTS camp will be in the September holidays (2nd week). It will be sold out again, so get in quickly!

The Next Camp I will be attending the OUTBREAK Somerset camp during the September holidays. This is for high schools within the Logan/Coopers Plains district and is open for boys and girls, Yr 8 – 12.

Youth Group Another combined Youth Group event will be on Friday 8th May. It will be split into two events – boys and girls.

Fight Nights (boys) – This is a night designed to help equip and encourage Christian youth to stand strong in a sex-saturated world. I will be attending this night.
Friday 8th May, 7.00 – 9.45 pm
Gateway Baptist Church (1052 Mt Gravatt-Capalaba Road, McKenzie)
\$15 (includes 'The Fight' DVD)

Revellion (girls) – A night with Carolyn Donavon (model, writer and speaker) and special guests, Nainby.
Friday 8th May, 7.00 – 9.30 pm
Our Saviour Lutheran Church (Redeemer Lutheran College Chapel, Rochedale)
\$15 (includes a copy of Carolyn's book, "Journey of a Princess")

If you have any questions or further enquiries, please feel free to contact me.

Adam Gallagher
Chaplain (Mon, Wed, Fri)
3340 0406

HEALTH MATTERS

The month of May is the time where you focus on heart health and this will be the theme for the next few newsletter articles. So let's start with a quiz...

Healthy Heart Quiz

1. **Too much cholesterol affects your heart by**
 - a. Increasing the rate of your heart beat
 - b. Slowing down your blood flow
 - c. Decreasing your energy levels and making you lethargic

- 2. Which of these will help control your cholesterol?**
- Modifying your diet
 - Regular exercise
 - Modifying your diet and regular exercise
- 3. To get any health benefit from exercise you need to**
- Exercise vigorously for 2 hours a week
 - Exercise until you feel exhausted
 - Exercise moderately for 30 minutes most days
- 4. All cholesterol is bad for your heart**
- True
 - False
 - Not sure
- 5. Adults should aim for daily fibre intake of**
- 5 – 10 grams
 - 10- 20grams
 - 30 – 35 grams
- 6. Smokers have a 70 per cent greater risk of death from coronary heart disease than non-smokers**
- True
 - False
 - Not sure
- 7. Fifteen years after giving up smoking, a smoker's risk of heart disease is**
- Same as when you gave up
 - Halved
 - Same as if you have never smoked

Answers

1-B, 2-C, 3-C, 4-B, 5-C, 6-A, 7-C

This quiz was taken from the The Better Health Channel – www.betterhealthchannel.com.au

Cheers and look out for the next 2 parts to healthy heart in the next few newsletters.

Colleen Hunter
School Health Nurse

UNIFORM SHOP NEWS

Uniform Shop trading hours are Monday and Wednesday 8.00 am – 11.00 am.

The winter uniform Order has now arrived and we have in stock fleecy jumpers, taslon jackets and pants.

We also sell fleecy royal blue scarves at \$14.00 which are very warm.

Our stock of fleecy track pants have been reduced to \$20.00 for a quick sale.

Also, some of the sizes of the junior girl blouses have been reduced to 2 for the price of one e.g. 8, 19, 18, 29, 22, 26, 28.

We can now offer credit card payments over the phone.

Marlene Protheroe
Uniform Convenor

COMMUNITY NEWS

ROBERTSON GYMNASTICS HAS MOVED

Robertson Gymnastics has moved to a new location at 877 Boundary Road Coopers Plains Incorporating RG Dance, the Club is about to commence an adolescent Hip Hop / Funk Dance Program on Friday evenings. Sessions are open to both female and male participants from Yr 7 and of High School Age.

Times: Novice: 6:00 p.m. Advanced: 7:00 pm. Classes run for one hour and cost \$11.00 / class payable / term. A registration fee applies. The instructor is Chris K. an experienced teacher,

choreographer, dancer and personal trainer, specialising in Hip hop, Krum ping and Step.

To register, please call the Club office to register on 3345 4294 or at www.robertsongymnastics.com.au. Adolescent gymnastics classes also available.

4 CHILDREN WANTED FOR FEATURE FILM - "THE TREE"

STARRING: French actress, Charlotte Gainsbourg
SHOOTING: SOUTHERN QLD
FROM: Beginning of AUGUST, 2009

PLEASE EMAIL A PHOTO (A SNAPSHOT IS FINE) WITH YOUR AGE, HEIGHT & CONTACT DETAILS TO:
general@barrettcasting.com.au
OR CALL DANIELLE – 02 9699 1377

CHARACTERS:

SIMONE: 7 – 10 year old Caucasian girl. Slim, tomboy, cheeky, independent and sensitive.

TIME: 17 or 18 year old Caucasian boy. Impetuous, fit and energetic.

LOU: 12-14 year old Caucasian boy. Extremely intelligent, dreamy.

CHARLIE: 3-4 year old Caucasian boy. Angelic, with good sense of play.

AUSTRALIAN FITNESS & MARTIAL ARTS

After the Easter holidays Australian Fitness & Martial Arts Club is starting new **Kids Karate Beginners Classes** for Children from 5 years and Teenagers (for Parents as well) in **Mt Gravatt** at Clairvaux Mackillop College, Klumpp Rd, on Mondays and Wednesdays from 5.30 pm – 6.30 pm, in **Seven Hills** on Saturday mornings from 11.30 am – 12.20 pm and in Cannon Hill at the School of Arts on Tuesdays and Thursdays from 4.30 – 5.15 pm. Please contact Sensei Andy on 0403 358 397 or Christine on 0400 179 960 for information or visit our website www.afmaclub.com.au – Free Trial! It is a Family Sport and Sun Safe Sport."