The Rochedale SENTINEL

Thursday 17 September 2009 Number 11

FROM THE PRINCIPAL'S DESK

As this term draws to an end, I have been working with students to ensure that they maximise their opportunities at Rochedale High. The school has recently introduced a trial of a whole school performance and conduct a monitoring system that aims to identify where students are off track and provide them with an opportunity to refocus their efforts in order to lift their performance. Feedback from staff to date has been positive and will assist in the development of the final monitoring system for implementation in 2010.

This week the school received its Yr 9 NAPLAN Test Data (National Literacy and Numeracy Tests). An initial scan of the results clearly shows that Rochedale High students are performing at a level that is either at or above current State performance benchmarks. Further analysis of this data will assist us in our ongoing review of student academic support programs.

In preparing for Term IV, I have asked students to ensure that their presentation is consistent with school expectations. We have particularly been focusing on nail polish, hair colour and style and piercings. I thank you in advance for your support in this area.

Harassment and bullying are unfortunate behaviours that can be found in almost any workplace, school or social environment. I am confident that the existence of this form of behaviour in our school is minimal. This, I believe, is due to our school policies and procedures, our caring and supportive staff, our anti-bullying program that is integrated into the Arts and the school's open invitation to discuss such issues with students and their families. Early next term (Monday 12 October) our school will have a whole school focus or Cyber-Bullying through access to an internationally experienced expert in this field. A community information session will be held in the evening with further information available in the first week of next term.

It is also timely to remind families that if and when any form of harassment is linked to our school that it is immediately brought to the attention of our staff. We are keen to resolve such issues but of course "Cannot do much about something we don't know about'.

Our Year 12's completed their last major exam block this week with final Year 12 assessments in the period 9-13 November. It is timely to remind Year 12 to maintain their academic focus right through to this date. Whilst it is true that for our Year 12's the 'End is in Sight', we must remind them that 'It's not over till it's over!'

Finally, congratulations to Deanne O'Callaghan and Melissa Sequerah who have both been granted entry to the University of Queensland's – Young Scholars Program.

David McDonald
Principal

NEWS FROM MATHS

FINANCIAL LITERACY WORKSHOPS

Teenagers are one of the most active and powerful consumer groups in the world. From the big expenses like their mobile phones or their first car, right through to the small impulse purchases that all add up, they develop spending habits that affect a teenager's present life and their future.

Over three days in week 7 and week 8, some Year 10 and all the Year 11 and Year 12 Maths students of Rochedale SHS had an opportunity to be a part of the Financial Literacy presentations delivered by the Start Smart School Program of the Commonwealth Bank Foundation. The topic was "Smart Spending" and "Smart Earning".

Chantelle, the presenter of the program covered the issues that are relevant to the audience:

- buying the right thing, at the right price, the right way
- rational and emotional purchasing
- real cost of a car etc.

For more information visit www.startsmart.com.au

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

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

CHESS NEWS

Term 3 saw the last of the team's Chess Tournaments for the year. After our great results in the last tournament, Rochedale could enter a team in the Premier Division. This division includes the best eight teams in the South Brisbane area.

Our team of Rachael Solomon, Joshua Mills, Jordan Ma and Bradley Lightfoot competed against teams from schools such as Churchie and Sommerville House and did extremely well coming in fifth position.

Rochedale also had a team in the Open event which also did really well coming in fifth out of eleven teams especially as they were down a player. Joshua Mulheran was the highest point scorer of the day and came in fourth position on the individual points tally. Rommel Lapuz and Onyx Gendry, the other two team members were not far behind on points.

All the practice paid off. Congratulations to all the Rochedale Chess Players on a terrific effort.

DENTAL SERVICES

Rochedale High students in Years 8 up to and including Year 10 are currently eligible to access general dental services through the Rochedale School Dental Clinic located in the Rochedale State School grounds.

If you would like your child to receive a dental examination, please phone the clinic directly on 3841 4428 to arrange an appointment.

Appointment times will be available during the coming school holiday period. Alternatively, appointments will be available during the next school term.

Please note that School Dental Service does not take responsibility for transporting students to the clinic.

Rochedale School Dental Clinic
694 Rochedale Road
ROCHEDALE 4123
Ph: 3841 4128

STUDENT EXCHANGE AUSTRALIA

In January and February 2010, students, aged 15 – 18 years, from over 15 countries will be arriving in Australia to study at local schools for 5 or 10 months. Opportunities exist to act as a host family in a volunteer/unpaid capacity. Hosting can be on a temporary, short or long term basis.

Host families help provide our students with the chance to study and experience life in Australia. This is a great way to learn about another country and culture, establish a lifelong link to a family in another country and contribute to international goodwill. If your family can offer a friendly, supportive and caring home environment, contact us today.

To learn more about this opportunity call Student Exchange Australia on 1300 135 331 or visit our website: www.studentexchange.org.au

GUIDANCE NEWS

TRIPLE P POSITIVE PARENTING PROGRAM

Parenting Teens?? Triple P is a Positive Parenting Program for parents/carers of children and teenagers. Get tips and strategies to help be a better parent and help parenting be a positive experience. Next short course for Parents of teens 12 years and over **Saturdays 24 and 31 October, 9.00 am to 12 noon at Logan Uniting Church, 129 Dennis Road, Springwood**.

www.loganuc.unitingchurch.org.au/ppp
$25 donation per family.
Register with Logan Uniting Church office 3290 1277.

NEWS FROM THE CHAPLAIN

OUTBREAK Somerset – Mon 28 Sep to Fri 2 Oct 2009

Time to register has just about run out! You might still be able to make it:
http://www.suqld.org.au/camps/outbreak-somerset

Parenting Workshop – 3rd October 09

Speakers: Sarah Henderson (Psychologist), Leisa Stathis (Social Worker), Karen Conwell (Educator)

Date: October 3rd, 2009 1:30 - 5:30 PM
Childcare provided. Please RSVP with ages and names as space is limited.
Place: Gateway Baptist Church 1052 Mt Gravatt-Capalaba Rd Mackenzie
Contact: msconwell@hotmail.com or 07 3291-5900
Cost: Suggested Donations of $10 - $20 per family

Anxiety in children and adolescents may present as avoidance behaviour, separation fears, panic attacks, physical symptoms such as stomach aches or insomnia, or even depression. Conversely, emotional resilience or emotional regulation is the ability of each individual to manage their emotions, positive and negative, despite adverse circumstances. This workshop aims to give practical, preventative tools and strategies to assist children in combating anxiety in school and home based settings and building resilience. It will be suitable for parents and carers of children between 2-17 years of age.

Workshop Schedule:

1:30-2:30	Childhood and Adolescent Anxiety: An Overview
2:45- 4:00	Age-appropriate Seminars: Combating Anxiety in the Early Years (2-8 yrs old) & Combating Anxiety in the Pre-teen and Teenage Years (9- 17 yrs)
4:15-5:15	Practical Strategies Panel Discussion

Perseverance

Last night, I visited a mate from college, who was speaking at a church on *perseverance*. It got me thinking – so today I asked a student who was doing some work in my office to look up the word in the dictionary. She came back with the answer, "Stick with something until you achieve it." When I asked her if that really was the dictionary meaning, she told me that's what a teacher had told her (she couldn't find it in the dictionary, so she went and asked!) "Surely it's in the dictionary?" I asked her. "Nah, I can't find it!"

The message about perseverance struck me straight away. Instead of asking how it was spelt and spending some time trying to find it, she went and asked somebody. So when I told her the correct spelling, she found it. The dictionary meaning was, "Continue steadfastly, persist".

Perseverance can become a habit, but like all habits, it requires practice. I think the best thing that we can persevere in, is doing well. When someone is unkind to you – persevere in being kind back to them. When the teenagers are too much – persevere in loving them. When the finances are too tight – persevere in not giving up. Persevere in doing the right things. Stick at it!

If I can help out with prayer or encouragement, feel free to contact me.

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

HEALTH MATTERS

EXERCISE FOR OVER 40'S

Brittle bones aren't something you think too much about when you're feeling young and invincible. It's later in life when a broken hip or wrist robs you of your independence – sometimes permanently – that's when the issue really hits home.

But weak bones don't become weak overnight. It's a gradual process that happens over decades. The good news is looking after your bones throughout life can make a big difference later on.

Keeping your bones in good shape isn't just about getting enough calcium. Exercise is a key factor too. Moving our bodies exerts forces on bones that make them grow strong, but some types of exercise are much better for bones than others.

If you're doing aerobic exercise – that is something that gets your whole body moving – it needs to be done in a standing position because this puts a greater load on your bones. Sports like cycling or swimming are great for fitness generally, but they have little effect on bone health.

The higher the impact of the exercise the better. A power walk is better than a slow stroll and jogging or running is even better still. Sports that involve jumping are great because the forces on your body are transferred higher up your legs and spine.

But if team sports aren't your thing, you can still get benefits by doing isolated exercises such as skipping.

Of course high impact exercise isn't feasible for everyone especially if you've got painful joints or you're a woman with a weak pelvic floor. There are alternatives that are a bit gentler on the system though. The lowest impact option is going up on your toes and then dropping down onto your heels, keeping your knees straight. Touching the back of a chair for balance is fine. Then there's a range of options for increasing the load, depending on what you can handle. Short jumps with both knees bent. Or bigger jumps. Whichever option you choose, the goal is to do the exercise 50 times on three days spread throughout the week.

You can also build bone strength by lifting weights, and in this case, the exercises work just as well in the sitting or lying position as standing. Free weights or machines are better than using resistance bands. Either way, for maximum benefit to your bones, the load should feel challenging. As soon as two sets of eight to 12 repetitions no longer feels hard, you should try a heavier weight.

Taking one second to lift and three to lower gives the most benefit. And once you've done a set – that's eight to 12 lifts – pause for say a minute before you start again. That's better for your bones than working at a steady pace without breaks.

Whatever you do, it'll need to get progressively harder if you want to continue to improve your bones. So over time, the weights lifted need to be heavier, or if you're walking or jogging, the incline needs to get progressively steeper. Of course if there's any suggestion of brittle bones already, or if you're at all unsure of your limits, do seek expert advice first.

Thanks to Osteoporosis Australia and Professor Maria Fiatarone Singh from the University of Sydney for expert information.

Cheers
Colleen Hunter
School Health Nurse

NEWS FROM THE UNIFORM SHOP

Your P & C is introducing Red Robin white school socks next term –

3 pack day socks - $14.00

2 pack sport socks - $11.00

Your P & C is also introducing a 4 GB USB and lanyard (printed with school name and colours. They will sell for $27.00 each.

The P & C shop is also in need of second-hand uniforms which are in good repair with no rips or stains.

You can donate them to the uniform shop or we can sell on your behalf at a cost of 15% of the sale.

Next year's intake of students is bigger than ever and if you could donate your time to help with the back to school rush it would be greatly appreciated.

Please contact the school office or myself with your details.

Marlene Protheroe
Uniform Convenor