The Rochedale SENTINEL

Tuesday 15 June 2009 Number 7

FROM THE PRINCIPAL'S DESK

As this is the last Newsletter before the midyear holiday I would like to take this opportunity to wish all students success in their upcoming exams and a happy and safe holiday. The final three weeks of term will see exam blocks for senior students and a final assessment period for the middle school. Reports for Years 8, 9 and 10 will be posted before the holidays and Years 11 and 12 will be sent after the break, giving teachers to cross-mark and internally moderate.

This term sees the change over of many of our **International Students**. Sadly, Charlotte, Hanna, Anna, Dorethea, Theresa, Sebastian and Jacob from Germany, Leandro from Brazil and Katie from the USA will complete their studies at Rochedale High. We thank them for their outstanding contributions to our school and wish them success in their future studies. Although they will be replaced by new students from Germany, Italy, USA and Finland, their smiling faces and positive attitudes will be remembered for years to come.

Congratulations to Yr 11 student Taylor Johnson who has been successful in gaining a position for the Shanghai Summer School Camp in July 2009. Taylor with four other Queensland students will fly to China and participate in the camp as part of the celebrations of the 20th Anniversary of Queensland/Shanghai sister state relationship. We would also like to thank Ms Lehmann for nominating Taylor for the programme.

I would like to highlight a number of outstanding personal performances by students of Rochedale High in the first semester. Year 9 student Steven Vance has been selected in the 2009 Queensland Cricket Emerging Players Program to train for 10 weeks with the Queensland Bulls Pace Bowling Coach. Year 10 student Jemma Hapuku has been selected in the Australian Women's Dragon Boat crew to participate in World Titles in Prague, the Czech Republic in September. Year 12 students Sarah Dorries and Sharni Tesch have returned from Russia where they represented Australia in Aerobics, Year 11 student Carlie Test has made the National Titles for Artistic Roller-skating and Year 10 student Michael Jones last month came first in the Australian Super Bike Series for 250 GP mono class. We congratulate all students for their outstanding achievements.

We would like to thank a group of the Student Management Team led by Brianna Milne for their continuing fund raising. The Free Dress Day this week raised $615 for the Jane McGrath Breast Cancer Foundation and we look forward to playing in the teacher/student touch football games organised for this week.

A reminder to parents/community members that this Tuesday 16 June at 7.00 p.m. is the monthly P & C Meeting held in the Staff Common Room where any new interested members will be warmly welcomed.

In recent years we have developed a strong link with Professor Adrian Kelly from the University of Queensland. Adrian is part of the Holiday time also reminds us of the good health and wellbeing of our community. Swine flu remains a concern for all Australians and I have included the latest advice from Queensland Health at the end of this Newsletter.

The new redevelopment of the Science Block begins this Monday. The demolition and rebuild will take around ten weeks but it will give us four modern Science labs that will be the envy of many other schools.

"Shield-Protecting Adolescents" program that is offering free individual counselling to families with regard to adolescents and the prevention of alcohol related harm. I have included an introduction letter from Professor Kelly in this newsletter. He will follow this up with more specific information for parents with regard to the program after the mid year holidays.

Finally, I would like to wish the community and staff a well-earned mid semester break. Hopefully the snow in NSW will continue to fall and this years Ski trip will be the most successful ever.

Peter Peisker
A/Principal

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

H1N1 INFLUENZA

H1N1 Influenza A (Human Swine Influenza) – students returning from Victoria
With the escalation of H1N1 Influenza A (Human Swine Influenza) in Victoria, the seven-day time-out period for school students and children in early childhood education and care centres has been expanded to include those coming to Queensland from Victoria.

The expansion of the seven-day time-out period to include Victoria aims to help protect Queensland students against the spread of Human Swine Influenza.

It means students returning from visits to Victoria will now face the same expectations for time-out as students arriving in Queensland from the United States of America, Canada, Panama and Japan, who are asked to observe a seven-day time-out before entering a Queensland School. The new guidelines were announced last Wednesday 3 June.

If your child is returning from Victoria, or planning a visit to Victoria in the near future, please contact the school to discuss ways we can minimise the impact on their schoolings.

Our teachers will provide students with enough work and direction so they can continue their studies from home for the five days of school they could miss.

The best way all of us can help prevent the spread of infection this flu season is by ensuring that everyone in your household, and at school, practises good hygiene including:

- Coughing or sneezing into tissues
- Disposing of used tissues immediately after use
- Washing hands frequently with liquid soap or alcohol-based gel
- Washing hands prior to and after touching your eyes, nose or mouth.

For important information for parents and carers about the time-out period and how schools are responding to H1N1 Influenza A (Human Swine Influenza), visit the Department of Education and Training website at www.deta.qld.gov.au

CHANGE OF DETAILS

Please advise the School Office on 33400 400 of any changes of student details i.e. address, phone numbers, family & emergency contacts because Reports will be posted out.

UNIFORM SHOP NEWS

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

We can now offer credit card payments over the phone.

Marlene Protheroe
Uniform Convenor

VACANCY – CLEANER'S POSITION

VACANCY - CLEANER'S POSITION - 30.25 HOURS PER WEEK.

Application can be picked up from the School Office between 8.00am - 3.30pm.

Applications close 26 June 09

SOUTHERN CROSS CULTURAL EXCHANGE

SOUTHERN CROSS CULTURAL EXCHANGE INFORMATION SESSION - Tuesday 16 June 2009 at 7.30 pm
Venue: Emmanuel College, Sir William McGregor Drive, University of Queensland, St Lucia

Find out …

- Which destination/programs are available?
- Which country suits your goals/expectations?
- When is the best time to go?
- Who are the host families?
- What are the costs?
- How do I apply?

Speak to S.C.C.E. staff, returned students, their parents and international students.
For more information: ph 1800 500 501 www.scce.com.au

STS HIGH SCHOOL FOUNDATION – SOS FOR HOST FAMILIES

STS HIGH SCHOOL FOUNDATION is a not-for profit student exchange organisation, registered with the Department of Education of Qld.

It is the dream of many teenagers to visit our vast and "exotic" country, Down Under. Their dream can only come true with your help. It is only through the hospitality of caring families, with an interest in better cultural understanding and world peace, that these dreams can become reality. STS High School Foundation urgently needs volunteer host families for students arriving in July 2009, from Europe and Canada. If you would like to join a unique and growing group of families in Queensland, we need to hear from you now.

Please contact us at Suzanne.sts@optusnet.com.au or phone (07) 3300 0301.
Website: www.sts-education.com.au

GUIDANCE NEWS

PARENTS HAVE NEEDS TOO

As parents, a great focus of our time and energies is spent on ensuring that our children's needs are met. We do this out of love for our children. Sometimes though, it is easy to forget our own needs. When this happens it usually leads to a feeling of discontent which certainly impacts on all members of the family.

Many parents have common needs that, if fulfilled, will help0 greatly in the enjoyment of family life. Here are some suggestions:

- Take time away from the kids – Having time with your spouse or partner without the kids in your ear is very beneficial for your relationship. So too is personal time for yourself. We all have a need for privacy.
- Enjoy your job – As employment caters to financial security it is important it is something you enjoy. If you don't then this will impact on not only your own health and well-being but your families as well.
- Be healthy – Look after your health through good eating habits as well as exercise. When you look good you feel good. As one needs to be a parent for a very long time (at least 18 years), being healthy makes the job easier.
- Take time to relax – take holidays when they are due (what really is the point of saving them if it eventually leads to stress from overwork). Use weekends well – they too are a time to relax and unwind. A relaxed parent is better able to enjoy the family.
- Pursue an interest – whether it be a leisure interest, friendship group or community involvement. Find time to do the things you enjoy.
- Let others support you when you're down – It's often said you need a community to raise a child, but it is also true that the community can help you in this sometimes difficult task of raising children.

- Educate yourself on being a better parent – often our only model of parenting may have been what our parents did. It is worthwhile attending parent classes, seeking advice, talking to other parents to ensure you are well equipped for the challenges that children provide.

Remember: We are all important. No one is more important than the next person. Just as children require their needs to be met so do parents. So, factor in time each day to meet your needs – Happy parents can only benefit the entire family.

BEING A FRIEND VERSUS BEING A PARENT

It's interesting the number of people both children and adults alike who believe that a Mum or Dad should be a friend in preference to being a parent. The job of being a parent is so much more than being a friend and holds a great deal of responsibility. It is worth investigating this.

What Does Being a Parent Mean:

- Being there for your child – to talk with them, take them places, stay up late waiting for them to come home to know they are safe, helping them with homework that sometimes is beyond your own knowledge, having school meetings with teachers, preparing lunches for years on end (this alone would test any friendship)
- Being with them to celebrate the good times but also to help them through the difficult times (and at times the difficult times out way the good times)
- Even when they say "I hate you" you give them unconditional love by answering 'I love you' (not many friends would last the distance if they felt unloved).
- Using tough love when needed (especially if they don't want to go to school)
- Letting them know what they are doing well but also letting them know what they may need to improve on (which they may not want to hear)
- Being honest but not harsh e.g. if an outfit is inappropriate who better to tell them than a parent (a friend most probably wouldn't)
- Being the shoulder to cry on but eager to talk through the issue causing the problem
- Modelling good behaviour and educating your child with skills needed for them to be ready for living in the community
- In drastic times – dropping everything and coming to their aid – at these times putting their needs before your own

It takes more than a friend to be a parent. It takes love, commitment, selflessness, and endurance. Let's congratulate ourselves to lasting the distance.

BOOK NOW - UPLOAD YOUNG ENTREPRENEURS CAMP 6 – 10 JULY 09

UPLOAD is for young people considering their options – life, love, work, the whole catastrophe.

The UPLOAD Young Entrepreneurs Camp (for Over-18's) is an intensive residential week open to only 15 participants at the beautiful Glasshouse Mountains Eco-Lodge. It is delivered in partnership with the Sunshine Coast Institute of TAFE, and focuses on building and growing fledgeling enterprises. Edgeware offered its first UPLOAD camp in January 09, and this has become the model for further UPLOAD experiences. UPLOAD includes activities such as personal and team development, 3D business plan modelling, interactions with successful young 'real world' entrepreneurs, social activities which promote networking and peer mentoring among participants, and an all-purpose set of decision-making tools, the Small Business Backpack.

For more information go to www.edgeware.com.au/upload.htm

QIBT – A STEPPING STONE TO SUCCESS AT UNIVERSITY

Queensland Institute of Business and Technology (QIBT) recently announced that over 90% of the college's diploma graduates articulate to the second year of their chosen Bachelor degree at Griffith University. The success rate of QIBT graduates can be directly attributed to the high teacher – student ratio and small class sizes, as well as the quality of lecturers, many of whom teach at Griffith as well. With direct pathways to many of Griffith's most in-demand Bachelor programs, QIBT has an excellent track-record of producing quality graduates who achieve above average results at university. Find out more at www.qibt.qld.edu.au

TRIPLE P TEEN GROUP PRESENTATIONS

Being a parent of a teenager is extremely rewarding and enjoyable but is not always easy. Triple P)Positive Parenting Program) for Teenagers aims to take the stress out of parenting and make parenting easier by providing practical answers to everyday parenting concerns.

The following 90 Minute seminars offer suggestions and ideas to help parents and are suitable for parents of children aged 10-16 years old:

- "Raising Responsible Teenagers" – focuses on how teenagers are influenced by what occurs within the family home and provides strategies to help children mature into responsible adults.
- "Raising Competent Teenagers" – focuses on how teenagers are influenced by what occurs at school and provides strategies to help our children do well at school and preparing them for work.
- "Getting Teenagers Connected" – focuses on the realities of raising teenagers in today's society and helping then become socially skilled and positively engaged in the wider community.

The following topics are commonly of interest to parents of teenagers. Two or three topics can be combined into a 90 minute talk.

- Self esteem
- Non-compliance and disobedience
- Homework and doing well at school
- Friendships
- Anxiety and fears
- School behaviour
- Bullying
- Aggressive behaviour

For each topic the definition and causes will be discussed, followed by strategies to prevent the problem arising, and how to manage it when it occurs.

Ph Parenting and Family Support Centre (Triple P) for more info.

Ph 3365 7290, Fax 3365 6724, Internet: www.pfsc.uq.edu.au

NEWS FROM THE CHAPLAIN

EXAM TIME ☺

Most of you don't know, but I am in the midst of exams. I started a 4 year degree at Bible College this year. When I finished my engineering degree in 2002, I thought that was the end of exams forever - how I was wrong! ☹

I rediscovered what it is like to have an important event looming – the feelings of inadequacy and wondering how I'd get through. Recently I read a section of a little book on effective study and one thing that stood out to me was relaxation. Making this a good habit is crucial for when the pressure time comes. It is easy, too, just breathe in and out slowly, from 10 to 1 and relax each muscle one by one, head to toe.

A balance of good sleep, good food and good exercise is necessary. Now that is a challenge, I know! But one of the most important things I feel is good spiritual input.

If you would like to talk with me about life or anything, or to pray for you, please feel free to contact me.

Thanks!
Adam Gallagher
Chaplain

SU QLD Upcoming Camps

Footy Camp - Grades 8-10 (boys)
Mon. 29th June to Fri. 3rd July 2009
$195 GST free (incl transport)
Where: Teen Missions Campsite, Tewantin
Director: David Allen & Troy Wilson
Enquiries: Troy: 0413 746 755, twils221@eq.edu.au

So you love your footy? Well do we have something special for you! Check out our first ever camp all about rugby league, challenging your fitness, skills and tactical preparation for the game. There will be some training, there will be inspiration and nutrition and maybe even a former world class NRL referee! Amongst all the boots and strapping and tackle pads, we will find time for laughs, great food, new friends and faith discussions about things much bigger and better than sport.

Winter SMADD - Grades 8 - 12 (Co-ed)
Mon. 29th June to Sat. 4th July 2009
$255 GST free (plus transport)
Where: PCYC Camp Bornhoffen, Numinbah Valley
Director: John Gynther
Enquiries: John: 0418 778 026, wintersmadd@suqld.org.au

Hear ye, hear ye, Ye Olde Smadd(e) Camp(e) is calling out to all Singing, Musical, Artistic, Dancing or Dramatic fair maidens and dashing gentlemen to come on a medieval adventure! Smadd camp will be a week full of honing your skills in Song, Music, Art, Dance or Drama plus trying something new like maybe playing the drums, creating a beautiful painting, having a go at Theatre Sports or learning a latin dance! And we'll be finding out how God can be involved in the journey we call "Life"! Apply now, places are limited!

ÜberTweak – Winter - Grades 8 -12 (Co-ed)
Sun. 28th June to Fri. 3rd July 2009
$210 GST free (includes transport)
Where: Windaroo Valley State High School
Director: Douglas & Chloe Catchpole
Enquiries: Douglas: 0402 499 878
Email: winter@ubertweak.org.au **Web**: www.ubertweak.org.au

Love technology? Want to know how to make games, movies and music? Come to ÜberTweak Winter and explore what living in this digital age means.

Find out where God fits into the world of iPods, Blu-ray and Twitter. Spend a week playing, challenging and discovering with a horde of great people.

ADOLESCENTS AND THE PREVENTION OF ALCOHOL RELATED HARM

Article written by Adrian Kelly, Associate Professor, Centre for Youth Substance Abuse Research, The University of Queensland

Right across Australia, alcohol misuse by adolescents is both common and associated with a range of serious health, social, and legal consequences. Alcohol is responsible for the majority of drug related deaths among Australian young people. Heavy alcohol use increases the risk of physical assault, injury, getting into a car with an intoxicated driver, and drowning. Moreover, heavy alcohol use is now known to produce greater neurological damage in younger people than older people.

Parents have a crucial role to play in protecting their adolescents from alcohol-related harm. Recent changes to legislation now mean that parents have a legal obligation to provide adequate supervision of minors if drinking occurs in private settings. We believe that, as children hit the teen years, parents should discuss how they will manage the issue of teenage drinking and associated risk. There is much that parents can do in terms of being firm and clear about their expectations, providing a united front to adolescents on the issue of drinking, monitoring and supervising their adolescent, and fostering a strong connection between the teenager and their family, school, and community.

The Centre for Youth Substance Abuse Research (CYSAR) at the University of Queensland is newly formed and its mission is to contribute to best-practice in the prevention of alcohol and other drug problems among young people. Associate Professor Adrian Kelly has recently been awarded a National Health and Medical Research Council grant to assist parents in shielding their adolescent from alcohol-related harm. *The SHIELD program is not designed for parents whose adolescents have established patterns of alcohol misuse.* Rather, *SHIELD* is designed for parents whose adolescents are showing a few signs of risk. For example, adolescents may be starting to mix with adolescents who drink heavily, they may be having difficulties academically, or parents may be concerned about where their adolescents are or who they are with. The program will involve an information night at the school, and a personalised consultation by an experienced prevention counsellor.

Rochedale SHS has been randomly selected as one of several schools in the Brisbane region through which the SHIELD program for parents will be offered. More information on participation will be available in the next month or two. We encourage all parents to consider this important issue.

Associate Professor Adrian Kelly is a psychologist by background, who has worked in the area of prevention of alcohol and other drug use for many years. He is dedicated to helping empower parents with practical help relating to the prevention of alcohol-related harm. He has worked with several local schools to enhance prevention strategies, as well as in the provision of counselling to adolescents who have experienced negative consequences relating to substance use. For more information on the SHIELD program, you can call Adrian on 33655143. He will respond as soon as possible.

HEALTH MATTERS

Third and final in Health Heart information

- **Be active everyday**

Regular, moderate physical activity is good for your heart. The Heart Foundation recommends you include at least 30 minutes or more of moderate physical activity (such as brisk walking) on most or all days of the week for health benefits. The amount of activity can be accumulated in shorter bouts, such as three 10 minute walks per day. Look for ways to be active and do something you enjoy everyday if you can.

- **Nourish your heart**

Enjoying a variety of foods from the different food groups is the key to healthy eating. Try to base your eating pattern on these healthy eating guidelines:

- Use margarine spreads instead of butter or dairy blends.
- Use salad dressings and mayonnaise made from oils such as canola, sunflower, soybean and olive oils.
- Choose low or reduced-fat milk and yoghurt
- Have fish (any type of fresh or canned) at least twice a week.

- Select lean meat (meat trimmed of fat and chicken without skin).
- Incorporate dried peas (e.g. split peas), dried beans (e.g. haricot beans, kidney beans), canned beans (e.g. baked beans, three bean mix) or lentils into two meals a week.
- Make vegetables and grain-based foods such as breakfast cereals, bread, pasta, noodles and rice the major part of each meal.
- Try to limit the following foods: take-away foods include pastries, pies, pizza, hamburgers and creamy pasta dishes. potato crisps and corn crisps.
- Try to limit cholesterol-rich foods, such as egg yolks and offal e.g. liver, kidney and brains.
- Pick the Tick – Pick foods with the heart foundation tick of approval

Healthy Weight

Being overweight is a risk factor for heart disease and also contributes to high blood pressure. If your weight is a health risk or it's affecting your enjoyment of life, then you need to do something about it.

For more information www.heartfoundation.com.au

Cheers
Colleen Hunter
School Based Youth Health Nurse