The Rochedale
SENTINEL

Thursday 20 August 2009 Number 9

FROM THE PRINCIPAL'S DESK

It is with a great deal of excitement that I return to the position of Principal after an extended absence leading Education Queensland International's consultancy in Qatar, Middle East. The last 22months have been extremely rewarding at both the professional and personal level and I believe I return to the school with a further developed sense of education now and into the future.

Since my return, I have taken the opportunity to review a range of data sets relating to the school, its progress and performance. I must say I am delighted with what the data tells me and would like to highlight some keys aspects of my review.

- This year, over 54% of our 208 year 8 students travel past at least one other State high school to attend Rochedale High.
- From 2004 to 2009, the school has seen an enrolment growth in year 8 from 126 to 208 students – a 66% increase over 5 years.
- As of Wednesday this week, our school will have conducted 200 enrolment interviews for year 8, 2010. As such, I am currently looking at strategies to stabilise our enrolment growth to keep our total enrolment under 950 students in 2010.

The above data clearly supports our claim that Rochedale High is the local State High School of choice.

National Testing Data also positions the school favourably on the national scene. 2008 Year 9 NAPLAN Test Data (2009 not yet published) indicates that:

- 96% of tested students are at or above the national benchmarks in Numeracy;
- 93% of tested students are at or above the national benchmarks in Reading;
- 91% of tested students are at or above the national benchmarks in Writing.

The 2008 School Opinion Survey (2009 to be conducted soon) data indicates that:
- 100% of parents surveyed either agree or strongly agree with the statement that this is a good school
- 100% of parents surveyed agree or strongly agree with the statement that this is a safe school

- Every aspect of students responses in the areas of Student Outcomes, Curriculum, Teaching, Learning Climate, School Climate and resourcing placed our school above the State average for all other schools.

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- Every aspect of students responses in the areas of Student Outcomes, Curriculum, Teaching, Learning Climate, School Climate and resourcing placed our school above the State average for all other schools.

It is these continued data sets that substantiate our school's position in the Local, State and National contexts. A school in which
- Parents are supportive of the school and its progress and actions
- Teachers take the time to treat and work with students as individuals.

This is what makes it great to be Principal of a great school.

Our school is committed to ongoing development in all aspects of student life. To this end, we will continue to focus on our school priorities
- Effective relationships based on mutual respect;
- High Standards in conduct, work ethic and dress and appearance
- Pursuit of Personal Excellence
- Team work.

In particular, over the ensuring weeks we will have a whole school focus on High Standards in all aspects of school life. This includes:
- Conduct: Is my behaviour in my best interests and the best interests of others?
- Work Ethic: Am I getting the job done?
- Dress and Appearance:
  - Is my dress and appearance consistent with School Policy?
  - Does my dress and appearance reflect positively on myself, my family and my school?

I look forward to your support in maintaining and further developing our school.

David McDonald
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

DENTAL SERVICES

Queensland Health's *Child and Adolescent Oral Health Service* offers general dental services at no charge to high school students in Years 8, 9 and 10. In the past we have offered dental services on-site at the school via one of our mobile dental vans. Unfortunately we will not be able to take a van into the school this year. Instead we will be providing dental services to Year 8, 9 and 10 students of Rochedale High School at the Rochedale School Dental Clinic, which is located in the grounds of the Rochedale State Primary School.

If you wish your child to access these services, please complete and sign the 'Oral Health Consent Form' that your child will bring home from school shortly, and telephone the clinic on 3841 4428 to arrange an appointment. Your child must bring the form with them to their first appointment.

Queensland Health does not take responsibility for transporting students to or from their appointments. Transportation to and from appointments will be the responsibility of parents.

Dental Staff, Rochedale School Dental Clinic

NEWS FROM SENIOR SCHOOLING

YR 10 TO 11 SUBJECT SELECTION

All Year 10 students and their parents/caregivers were required to attend an Information Evening on Tuesday 18 August 2009 in the Performing Arts Complex.

The evening started informally at 6.30 pm with displays and the formal part of the evening started at 7.00 pm.

The subject selection packages and forms for Year 11 2010 were distributed and explained on the night for completion and return to the main office by Friday 28 August.

Any student who was unable to attend, will need to attend an information session on Wednesday 19 August from 2.00 – 3.00 pm in order to receive the necessary forms that need to be completed for enrolment in Year 11 in 2010.

QUEENSLAND CORE SKILLS (QCS) TEST

Yr 12 students will sit for the QCS Test on **Tuesday 1 September and Wednesday 2 September** – only 2 weeks away! In preparation for this state wide test, our Year 12 students have been involved in an intensive program in association with Mighty Minds Educational Systems. The students have another rotation day on Friday 21 August and final preparation sessions in the coming weeks.

The Year 10 BIT classes are providing QCS packs of equipment for students to purchase at the cost of $15.00. This is a great opportunity for our Year 12s to have all the required equipment at a great price.

Breakfast will be provided for the students on both days of the test and final information regarding the conduct of the test will be issued to the students shortly.

YEAR 11 SENIOR EDUCATION AND TRAINING (SET) PLAN REVIEWS

As part of the school's Senior Education and Training Plan (SET) review process. **ALL Year 11 students** have been given the opportunity to review their plans in the light of Semester 1 results. Students were able to complete an update of their results and complete action plans to ensure that they are 'on track' to receive a QCE. All students in Year 11, have received a letter indicating whether they are 'on track' or 'not on track' to receive a QCE at the end of 2010. This process will be repeated again at the end of 2009.

YEAR 10 FUTURES UNIT AND SET PLANS

Our Year 10 students are currently undertaking a **'Future Options' Unit** as part of their studies in SOSE for this term. This unit guides students through the process of planning for, completing their Senior Education & Training (SET) Plans and making informed choices regarding subject selections for 2010. The unit is designed to allow students to explore different pathways that are open to them via university, TAFE, work, apprenticeships or traineeships.

Students have access to information from outside providers and community organizations via our 'Jobs Forums' held on Thursday mornings. The unit culminates in students choosing their subjects for Year 11 & 12, completing their SET Plans and being involved in Transition Interviews for Year 11. More information on these arrangements will be forthcoming in the weeks ahead.

SCHOOL BASED TRAINEESHIPS AND APPRENTICESHIPS (SATs)

Each week, we receive lists of vacancies for school based traineeships and apprenticeships. Students are notified of these via daily notices and are encouraged to come and check the notice board outside my office. Interested students can also obtain a SATs package – providing information and application forms.

At this time of year, we also receive notification of some vacancies in full time apprenticeships and traineeships. Year 12 students are strongly encouraged to check the noticeboard for these positions. All of these positions do require students to have a current resume.

Mrs Moore
HOD Senior Schooling

NEWS FROM THE ARTS

ACTING AGAINST BULLYING WORKSHOP

On Tuesday 11 August, 15 Year 10 Drama students were trained as peers mentors for the Acting Against Bullying program. Students participated in a workshop in leadership skills, drama strategies and techniques to run workshops about anti-bullying. For over 8 years our school has delivered the AAB program in conjunction with Griffith University as a way to empower young students about conflict resolution. This year we have decided to use Year 10 drama students as mentors who will visit Year 8 VPA classes and lead workshops.

Congratulations to the following students:

Andrew Gore	Josh Mulheran
Emma Cameron	Josh Sopher
Anahera Nelson	Jamie Preston
Sarah Wenck	Alysha Arrabal
Alex Crisp	Shar Davis
Emily Casey	Luke Moore
Kat Krzysko	Grant Flavel
Rebecca Jacob	

Thank you students.

Ms Semit and Ms Taschke

NEWS FROM SCIENCE

AGRICULTURAL SCIENCE NEWS

The highlight of the show calendar for students is the Royal Brisbane Show. This year was no exception. Congratulations to the team – Tracey Bennett, Tegan Moyse, Leina Reid, Lauren Bearkley, Mitchell Hayes, Tim Mann, Ethan Wright, Kate Oweczkin, Janine Fleischfresser, Sarah Schwartz, Ianuk Athien, Caitlin Delaney, Jayde Buttress-Grove, Emma Fletcher, Jess Moyse, Georgia Steel, Nicole Timms, Rhiannon Stewart, Courtney Mann, Sarah Fronis, Teagan Miskle, Cai Scaife, Lenina Von Hacht, Tegan Prest, Katherine Garside and Jess Gogler.

These students need to be congratulated for the tremendous job they did in representing Rochedale State High School. They spent many hours cleaning out pens, feeding animals and talking to the general public. Our very bright display certainly attracted the largest proportion of public viewing. Many thanks to Julie Bennett and Avi Athiens for sewing the curtains and ribbons for this years display; and to Macca for giving up a week's holiday to assist with the supervision.

Show Results – Animals
Interbreed Champion Ewe
Champion Suffolk Ewe
Champion Poll Dorset Ram
Champion Poll Dorset Ewe
Reserve Champion Poll Dorset Ram
Reserve Champion Poll Dorset Ewe
6 First Placing
5 Second Placing
3 Third Placing

Show Results – Students
Young Judge's Competition – Junior Division – Jess Moyse – Highly Commended
Young Judge's Competition – Senior Division – Tegan Moyse and Tracey Bennett – commended.
Young Judge's Competition – Fleece Division – 1st – Cai Scaife
Parader's Competition – 4th – Tegan Moyse.

Again congratulations to all members of the team on your excellent behaviour and professionalism in exhibiting your animals.

Margaret Ellis
Kathryn Gardner
Heidi Francisco

GUIDANCENEWS

AN EXCITING OPPORTUNITY TO EXPERIENCE UNIVERSITY LIFE WHILE STILL AT SCHOOL

Applications close Friday 28 August 2009

The University of Queensland's new Young Scholars Program is an opportunity for high achieving year 11 students to experience university life while they are still at school.

The 2009 program begins in November with a Welcome event, followed by a 4-day residential experience. Young Scholars will gain valuable insights into university life and learn about potential careers in subject areas which they may not have encountered as part of the school curriculum. To complement academic enrichment, a social program will allow students to develop friendships and exchange ideas with their peers. Additionally, two single-day events with a focus on preparing students for university will be held on campus during the June and September school holidays in 2010.

Further information on how you can become a UQ Young Scholar can be found at www.uq.edu.au/youngscholars

NAISDA AUDITION PROGRAM

DON'T MISS THIS YEAR'S NAISDA AUDITION PROGRAM
OCTOBER 7, 8, 9
NAISDA Dance College on the NSW Central Coast
Freecall 1800 117 116

If you are Aboriginal or Torres Strait Islander aged over 18 & under 30 you can audition for NAISDA – and it's free!

No dance experience or school qualifications required.

APPLY NOW for the 3-day OCTOBER AUDITIONS for 2010 enrolments.

Travel, Accommodation and Meals all covered by Abstudy.

The October Auditions program is the *only* way into NAISDA next year.

WORKING WITH ANIMALS CAREERS DAY – WEDNESDAY 9 SEPTEMBER (10.00 AM – 3.30 PM)

Back by popular demand, Currumbin Wildlife Sanctuary is proud to be hosting its fifth Careers Day proudly sponsored by the RSPCA Gold Coast and Hinterland Branch!

We have invited representatives from different animal fields, including the RSPCA QLD, Department of Primary Industries and Fisheries, Local Council, Vet Practices, Pet Shops, Animal Training Institutions, Universities and TAFES and last but not least our very own Currumbin Wildlife Sanctuary wildlife staff and volunteers.

Aims of the day, to provide:
- Realistic information about careers associated with working with animals
- Course information and subject guidance
- Opportunities to meet individuals already in the field
- Presentations based on different organisations and careers
- Opportunity to enrol in work experience / volunteer programs at CWS

For further information contact:
Currumbin Wildlife Sanctuary
07 5534 0846 / education@cws.org.au

RSL YOUTH DEVELOPMENT PROGRAM

The Returned & Services League (RSL) of Australia (QLD Branch) and Bond University have joined forces to offer the half-million dollar RSL Youth Development Program.

What is the RSL Youth Development Program?
The RSL Youth Development Program has been designed to recognise and reward the efforts of high-achieving Queensland students.

Grants of up to $5,200 will be awarded in the following categories:

- Academic Achievement (inclusive of Arts, Drama, Dance & Media)
- Sporting Achievement
- Community Leadership and Civic Participation

Who can apply?
Applications are open to all Queensland school students who are currently completing year 10 or 11, and who have demonstrated achievement in the academic, sporting or community arenas.

How do I apply?
You will be required to fill out an online application form detailing your achievements and how they relate to the category you are applying for. You will also be required to submit the following:

- Letter of Support signed by a local RSL member
- Letter from a referee who can verify your achievements (For example: School Principal, Sporting Coach or Community Leader)
- An essay, which highlights the RSL and ANZAC values to Australia's youth.

When do I apply?
KEY DATES – 2009/2010 RSL YOUTH DEVELOPMENT PROGRAM

Applications Open 2009/2010	Anzac Day 2009 for the Program
Applications Close	Remembrance Day 2009
Awards Ceremony and Leadership Forum	April 2010
Last month to redeem the grant	December 2010

Questions?
If you have further questions about the RSL Youth Development Program, please contact Kristy Manyweathers at Bond University on (07) 5595 1067 or email RSLyouth@bond.edu.au

PASSIONATE FUTURES – TURN YOUR DREAMS INTO REALITY

Are you aged between 14 – 17 years? Do you often wonder about who you want to be in your future? Or what you want to do when you leave school? Mt Gravatt PCYC's new program Passionate Futures will help you begin to answer these questions.

Passionate Futures is an 11 week creative career / life planning process that is designed specifically for young people aged 14 – 17 yrs who are interested in an opportunity to explore their dreams and the possibilities that surround them after leaving school.

When: Wednesdays 4 – 6 pm from 19 August 2009

Where: Mt Gravatt Police-Citizens Youth Club (PCYC), 90 Klumpp Rd, Upper Mt Gravatt

Cost: Free

Only 10 places available.

To register: ph Mt Gravatt PCYC on 3420 4655 or 0417 447 066.Registrations close Friday 14 August.

SCHOOL HOLIDAYS FILMMAKING WORKSHOPS

The September school holidays are just around the corner. Time to catch up with the Playstation? Or will you spend the break doing something fun and educational that could possibly lead to life long satisfying career?

Give the Wii and Nintendo the shove these holidays and join us for our school holiday filmmaking workshops. You'll get to meet like-minded creative people and learn all the tricks of the trade as you make your very own short film.

Dates: 21, 22, 24, 25 September 2009
Time: 9.30 am – 4.30 pm each day
Location: 7/38 Tennyson Memorial Drive, Yeerongpilly, Brisbane.

Ask your careers counsellor for an application form or for more information visit www.qsft.qld.edu.au or call 1300 765 354.

Corinne Neilsen
Guidance Counsellor

HEALTH MATTERS

AUGUST IS DENTAL HEALTH MONTH.

By following these simple steps you can significantly reduce the chance of mouth problems later in life.

- **Visit your dentist** – At least once a year.
- **Brush twice every day** - Brush gently with a soft toothbrush twice a day with a fluoride toothpaste. Use small circular motions and short back and forth strokes. Take the time to brush carefully and gently along the gum line. Lightly brush your tongue or use a tongue cleaner as bacteria can thrive here, too.
- **Floss daily**
- **Fluoride rinses and gels** - You might also want to ask about fluoride rinses or gels as the regular use of fluoride strengthens your teeth against cavities. As you get older you are more likely to get cavities where old fillings have chipped or where root surfaces are left unprotected by receding gums. Fluoride will help.
- **Quit Smoking – decrease your chance of mouth and throat cancer**.
- **Eat a healthy balanced diet -** Avoid sweet sugary drinks and snacks and choose from a wide variety of food groups.

www.dentalhealthweek.com.au
Simple little things for you to try during August

Cheers
Colleen Hunter - School Based Youth Health Nurse

NEWS FROM THE CHAPLAIN

OUTBREAK Somerset – 2nd week of September Holidays

Fancy a week on the glistening Somerset Dam, being towed behind speedboats, swimming, sports and relaxing, great food and a brilliant bunch of people? Then sign up quick for Outbreak. You'll make friends, try new stuff, laugh lots, take home tonnes of great memories and have the chance to

ponder truly amazing things about life, God and changing the world!
Mon 28 Sep 2009 - Fri 2 Oct 2009 - $230 GST free (includes transport)
Grades 8-12 (Co-Ed) (Schools from the Coopers Plains, Rochedale, Logan City areas)
http://www.suqld.org.au/camps/outbreak-somerset

UNITE – Friday 21st August 09

Youth groups from churches in the local area are combining for an awesome night. There will be a BBQ from 7pm (proceeds going towards the night), games, music and an inspirational speaker talking about life and God.
Friday August 21st 2009.
7.00 – 9.00pm Free Entry
Gateway Baptist Church (1052 Mt Gravatt-Capalaba Road, Mackenzie)

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

Youth Alive – 11th September 09

A massive youth event held at Brisbane Riverstage Friday 11th September, 7pm.

Featuring Relient K, Le Crae, Preston Centuolo, New Empire, Xtreme Motocross – JC Epidemic. Visit **www.youthaliveqld.com** for more info + tix.

If you have any questions or anything you would like prayer for, please feel free to contact me.

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

COMMUNITY NEWS

FREE FIRE WOOD

The school has recently chopped down a dead tree in the farm area. The school is offering free logs for anyone interested in collecting wood for their fire places.

THOMPSON ESTATE ATHLETICS

....Sign On Day Monday .....
Thompson Estate Athletics est.109yrs
Athletics season has commenced
Sign on day will commence on Monday nights
Professional coaching in all aspects of Track & Field
Primary & Secondary School Athletics
Little Athletics
Senior Club Athletics
Master Athletics
Don't miss out on your opportunity to be professionally coached by our team of coaches
and make the QLD State Team.
All enquiries please call

0411 591 511

Cnr of Stanley Street & Creek Rd