



Robina

State High School

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Weekly Newsletter



WEEKLY FOCUS:

'Follow All Directions'

The date for the next **P & C Meeting** is Tuesday, 10 March in the Common Room. All welcome – please enter through the front door of the Parent Centre.

2009 School Based Immunisation Program

The 2009 immunisation program includes:

1 st Visit	Year 8 males Year 8 females	Hep B & Chickpox Hep B & HPV
2 nd Visit	Year 8 females Year 10 males & females	HPV & Chickenpox Boostrix
3 rd Visit	Year 8 males Year 8 females Year 10 – any students missed out in the 2 nd visit	Hep B & Chickenpox (if missed at 1 st visit) Hep B & HPV

Permission forms will be coming home with your student in the near future – **please ensure these are returned to GCCC and NOT to the school.**



DEPUTY PRINCIPAL YEARS 8 & 9: JENNY TOBIN

ROBINA BY NIGHT

On Monday evening, 23 February, we opened our doors to Year 8 students and their parents to experience 'Robina By Night'. Parents were given the opportunity to hear from teachers about the high school routine.

After a sausage sizzle tea, classrooms were opened giving parents the chance to be a 'fly on the wall' in their child's learning experience. Congratulations to Sue Partridge who won the stationery hamper, which was generously donated by Robina NewsXpress.



~ Mr Pirie's Science Class ~

GUIDANCE OFFICER:

JODIE DEKENS

These days, much attention is devoted to bullying, and appropriately so, when we consider the severe and detrimental long-term effects on victims (and bullies). Bullying occurs in all areas of society. Many parents will have witnessed or experienced bullying in a number of contexts – work, school, community and, for some, even in a family situation.

Schools can provide fertile opportunities for bullying:

- There are lots of kids from varying social and cognitive backgrounds, creating differences in power and status arrangement;s
- Teaching staff, while obviously present in their supervision capacity, are not privy to every physical or verbal interaction;
- Children are reluctant to 'dob' and;
- Even when allegations are made, they are often difficult to substantiate, due to conflicting versions.

We also need to be careful about what constitutes bullying. Some complaints described as bullying can actually be one-off acts of aggression or retaliatory responses. It is still most inappropriate and worthy of investigation, but not bullying. So, a workable and easily understood definition is critical.

Bullying is now generally defined as the **repeated** physical, verbal or psychological intimidation of a less powerful person by a more powerful person or group. It may include some or all of the following behaviours:

- Name calling
- Teasing and taunting

- Racist or sexist remarks
- Malicious gossip
- Threats
- Social ostracism
- Physical force

Bullying essentially relies on an **imbalance of power** in the relationship between the bully and the victim, therefore, not all acts of aggression are bullying. Normally, aggression that involves any 2-way process of attack and counter-attack is not bullying. Particularly, if the attacks occur between parties of equal power/strength/status and are part of a 2-way attack and retaliation process. Rather, bullying usually refers to a one-way attack situation in which the perpetrator has more power and the victim cannot really retaliate. In fact, the victim usually feels helpless and powerless.

Fights that have occurred between two girls, both vying for superiority in a friendship clique, come to mind as examples. One day, Jade may have the 'upper hand', the next day, Courtney may be able to ostracise Jade from the group. So, while the behaviours are labelled as bullying by the girls (and often by their parents) when each appears to be on the receiving end, in reality the situation is best described as a kind of feud with varying win-lose outcomes.

In the next newsletter we will explore how bullying behaviours may be different for boys and girls.

COMMUNITY LIAISON OFFICER: DI LODDON

\$\$\$ SHOW ME THE MONEY \$\$\$

Adolescents generally want greater independence from their parents and they want it now! But independence is costly. Going out, staying in fashion (and in with peers), and keeping up with music and other teen interests is expensive. Having an adolescent in the family, can be a huge drain on a parent's financial resources, as they always seem to ask for more.

There are two common funding sources for young people – pocket money and paid work. The allocation of regular pocket money for teenagers promotes their emerging independence. The message for young people is that the need money to cover living expenses but they also need to begin to make choices about their expenditure.

With pocket money comes the need to budget. The amount your young person receives should depend on available income and the expenses they are responsible for. Pocket money can cover such items as clothing, telephone calls, going out, hobbies and holidays expenses. Greater independence needs to be accompanied by increased responsibility so consider adding more items to the list, as they get older. An allowance need not be contingent on good behaviour or given as a reward for chores. Additional money can be earned for helping out at home.

Consider removing pocket money in middle to late adolescence to encourage your young person to get part time work. Not only will this remove some financial burden from you, but it has the advantage of providing another set of social requirements for your young person to meet. You may have to remove regular pocket money to motivate your young person to find part time work.

While part time work provides the opportunity for greater financial independence, it also comes with attendant responsibilities, such as the need to be punctual and dress appropriately. These are areas where parents often experience difficulty, so it is a bonus to have someone

outside the family setting limits and boundaries for young people.

Talking Point - A question for parents to ponder and discuss with your young person - *'should young people be able to spend their pocket money on anything they wish or should there be parental or adult restrictions?'*

Are you a grandparent who by choice or necessity, is the prime caregiver to your grandchild? This can be a demanding task at a time of your life when you had expected to earn some well deserved rest and a social life, after years in the workforce and raising your own children. Instead, you are left to raise children who have been exposed to a different start in life and who may sometimes exhibit challenging behaviours. Parenting methods are different from what was acceptable when you raised your own children, and dealing with educational authorities, legal and medical professionals can be time consuming and confusing. Added to this is the grief over the loss of relationship with your son or daughter, affecting the children who have come into your care. This could have been through illness, death, drug or other abuse.

If this sounds like you, Paradise Kids would like to invite you to their 'Grandparents Support Group' on Thursday, 5 March. Please call me on 5562 3404, should you require any further information.

Parents - Do you know that every public library in Queensland currently offers a free tutor to school students in Years 4 - 12, for help with homework, study and assignments? This means that all families are not placed under any further economic strain to accommodate extra learning help, and their children are guided through homework exactly when they need it.

BELS OFFICE:
SALLY BULLPITT & CHERIE FAJZULLIN



MAKING PAYMENTS IN PERSON ~

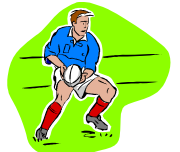
If you are a Parent or Guardian, coming into the school to make a payment for a student (or for any other issues), **please ensure you go directly to the Parent Centre.** The BELS Room is not located in the Administration Block and is for students to make payments only. Thank you!

INTERSCHOOL SPORTS PAYMENTS:

For those students successful in gaining a place in a Robina High Interschool Sports Team, payments can now be made to the BELS Office (students only) or to the Parent Centre (parents only).

The majority of interschool sports are \$65, but some (listed below) may only be \$35. The difference in price is due to the amount of 'away' games each individual team is required to play. The \$35 sport teams are as follows:

- Rugby League - 13's
- Rugby League - 14's
- Volleyball - All Teams



Please remember that in order to participate in the chosen sport AND to loan a Robina High sports jersey, payment must be made in full. All loaned sports jerseys remain the property of Robina High and must be returned (washed) to the BELS Office at the end of Semester 1, 2009. Failure to return a loaned jersey by the due date will result in refusal of entry into a paid sport in Terms 3 and/or 4 and an invoice being issued to replace the jersey.

YOUTH HEALTH NURSE: HELEN DREDGE

How are you carrying your school bag - Correctly or incorrectly?

We all know how important our bodies are. We get one when we are born and it has to last us the next 90 years or so. If this body is so important and we only get one of them, we really need to look after it and think how we use it?

From a young age we are taught how important our teeth are, most people have had their eyes checked once in their life, everyone is aware of the importance of a healthy balanced diet, however, most people are not conscious about spinal health.



Our spines house the most important body system - our nervous system. This nervous system controls ALL our body functions. The nervous system recognises pain, which is an alarm that something is wrong. We get our brakes checked in the car so we know that they'll work when we need them, so why do we then wait till our bodies are sore before we fix them?

It is crucial for young bodies between 11 & 17 years of age to carry their school bags correctly. How the body grows during this time will reflect how your body is for the rest of your life, so you need to at least start off in the best possible way.

Many students carry bags incorrectly, which can increase back aches and also head aches. The main problems with young people carrying their school bags incorrectly are:

- School bags being carried to low on the shoulders. This causes a sway in the back and an increase in the arch in the lower spine. Bags need to be tightened so they rest higher on the back up near between the shoulder blades.
- Incorrect weight distribution. Heavier items need to be packed in first as this will allow most of the weight to be closer to the bodies centre of gravity.
- Bags with one strap being carried over one shoulder. This causes muscle tension in that shoulder as the body tries to remain level with the ground. This also predisposes a spine to a side way tilt or a scoliosos. These types of bags need to be carried across the chest diagonally to distribute the weight better.
- Bags with 2 straps only being carried with one strap. Both straps need to be used so the weight of the bag is in the middle of the spine.

Prevention is better than cure. Make a difference and be kind to your body - it has to last you a lifetime

INDUSTRY LIAISON OFFICER: ROBYN ALLEN

School based Apprenticeships/Traineeships (SATs)

Head start to careers through school-based training

SATs allow students to do paid work for an employer and train towards a recognised qualification while they are still at school. They are a great way for young people to explore their career options and develop skills and confidence in their areas of interest.

Students wishing to undertake a SAT need to demonstrate the responsibility and commitment to balance work and training while completing Years 10, 11 or 12. SATs can contribute 4, 6 or even 8 points towards a Queensland of Education.



College of Surfing

Certificate III in Outdoor Recreation (Multiple Activities – Surfing Instructor, Surfing Guide & snorkeling/scuba) Coolangatta and Broadbeach. Prerequisite is a current First Aid Certificate.

Glades Golf & Spa

The Glades Golf Club are offering students of Robina SHS the opportunity to undertake school based traineeships/apprenticeships in the following areas:

2 x Certificate 3 Hospitality

Certificate 3 Tourism

Certificate 3 Greenkeeping (Apprenticeship)

Cert III Children's Services: Located in Elanora. (Year 11) Must be 17 years of age and available to work afternoons and school holidays. Closes 18th March (S)

Business Administration: Registered Training Organisation at Robina (OnQ)

Business Administration: Griffith University, Gold Coast Campus x 2 placements available. Basic skills in Microsoft Word and Excel are required. (SR)

Business Administration: Located in Burleigh (OnQ)

Business Administration: Located at Yatala (OnQ)

Butcher located in Mermaid Waters (DONQ)

Chef (Commercial Cookery) located in Burleigh (OnQ)



Dental Assistant x 2 – Varsity Lakes

Student with a genuine interest in the dental industry (M)

Engineering Production: Specialising in air conditioning and refrigeration in Ashmore (M)

Hairdressing: (Year 11 & 12) Stefan Salons – Information sessions being held on Thursday and Fridays until Mid March.

Hospitality: Hogs Breath Café Mermaid Waters

Hospitality: (Year 10 & 11) Café/catering business in Burleigh (S)

INFORMATION TECHNOLOGY: Cert IV Information Technology – Multimedia: Applicants need to be good communicators and possess a strong desire to learn Information Technology – Multimedia. (Year 10 & 11) (ATC)

Retail: Southport area, mens/women clothing, surfwear and Manchester (OnQ)

Retail: Sports Stores located in Robina and Burleigh (OnQ)

Warehousing: for a large retailer in Southport (OnQ)

WORK EXPERIENCE

Queensland Police Service – Year 12's only. 1-week block in June or July. Application package available from Student Pathways. **Closing Date: 1 May, 2009.**

Women In Construction – Try a Trade ®

Construction Skills Qld will be holding a Women In Construction Try'a Trade® day, where women looking to get a start in the building & construction industry can get hands on experience and expert advice in an exciting and rewarding industry.

Where: Skillstech Australia, 247 Bradman St, Acacia Ridge and Friday, 13 March 9.00 am -12.30 pm.

Students are advised to wear sports uniform and closed-in shoes. For more information, contact Sharon Smith from Construction Skills Qld on 0438880275 or sharons@csq.org.au

CASUAL POSITIONS

Warner Brothers Theme Parks are looking for vibrant and outgoing people to join the fun and exciting teams at SEA WORLD, MOVIE WORLD and WET 'N' WILD. We have weekend casual positions going in our Food and Beverage and Retail stores. To apply call **5588 2277** by Tuesday 3rd March. (Office hours Mon - Fri 8.30am -5.00pm)

Organic Grocery Stores in Broadbeach and Palm Beach requires conscientious students for casual work on Fridays, Weekends and after school hours. Contact Gary Davis on: 0417 287 130

Complex in Robina requires student to work after school hours doing gardening. Contact Reda on: 0417 369 234

Caterers at Gold Coasts Skilled Park invite application for the below positions:

Titans NRL & Qld United 2009 home games

- Food Attendants
- Kitchen Hands
- Barista's
- Cashiers

Requirements:

- Previous hospitality experience
- Team Player
- Over 16 years of age
- Customer Skills

If interested in applying please attend the open interviews on the dates below:

25/02/09 Anytime between 5.30 - 7.30

28/02/09 Anytime between 9am - 1pm

02/03/09 Anytime between 5.30 - 7.30pm

Skilled Park Stadium, Centreline Place Western Stand Gate A, level 2

Must RSVP Nicole.lowe@mobic.com.au with your name and interview attendance date

STUDENT PATHWAYS:

LYNNE BATESON

For any students in Years 10 – 12 who are interested in a career in the **Defense Forces**, the school is hosting a Careers Presentation in the Library on Monday, 9 March. There will be a short film presentation, followed by a questions and answers session.

Students who are interested must come to see me in the Student Pathways Office, to register their attendance.

Cert III in Business Administration & Medical Terminology Course

Ashmore TAFE are considering facilitating a two-year Cert III in Business Administration & Medical Terminology Course, if they reach the minimum number of students (25). They haven't set a day for the course to run each week yet, but the cost will be \$300 each year and is aimed at students in Years 11 & 12. Again, any students who would like to attend should come and see me to register their interest.

This is the FINAL call for students to enroll in the FREE 6 week **'Designing a Fashion Career'** Program.

Students will learn valuable skills in the design and fashion industry experts, get to meet established fashion designers and have the chance to win a \$2000 scholarship to study fashion on the Gold Coast. ALL students will also receive a ticket to the Australian Fashion Design Awards held on the 8th April 2009. If you are interested, act quickly - **there are only have 10 places available left!!!**

Contact Karalee Wisse of the National Retail Association on: 5575 8834 or 0431 164712.

UNIFORM SHOP:

ANGELA CORIC

HEMMING SERVICE: We are pleased to announce that as of Tuesday, 3 February, the Uniform Shop is commencing a 'hemming service' for all shirts, skirts and shorts. Any item you would like to be taken up will cost \$14.00 each.

The Uniform Shop are running a **'BUY BACK SCHEME'** on items of school uniform from the Second Hand Board, during the month of February. We are paying \$5 per garment, if in good condition, which is being put back in to our lending service. **All names on the board will be removed after the 28 February.**

PRINTER CARTRIDGES: We are now stocking printer cartridges for a number of different models. We are selling these at a reduced rate (cheaper than in shops). Please come into the Uniform Shop to check our compatibility chart for your type of printer.

COMMUNITY NOTICES:

Robina High School Tennis Program ~

Conducted by Gold Coast Tennis Coaching exclusively for Robina State High School Students.

Special 5 week "Intensive" Tennis Program

When: Thursday lunchtimes commencing 5 March

Where: School tennis courts

Cost: \$50 (5 weeks) paid at first lesson

Maximum of 8 students

For bookings and enquiries contact Rowan Hollonds on: 0411 867971

Do you have any queries or comments about our Newsletter? If you do, please email them to Lynne Bateson at: lbate35@eq.edu.au Thank you!