



# Robina

## State High School

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Queensland  
Government  
Education Queensland

## Weekly Newsletter

### WEEKLY FOCUS:

*'Speak to Others With Respect'*

The date for the next **P & C Meeting** is Tuesday, 12 May at 6pm. The meeting will take place in the Common Room. All are welcome – please enter through the front door of the Parent Centre.

### ErpTi ~

Please make sure that **all** forms sent home last week are signed and returned to school by this Friday. **Please double check that all pages have been filled in and signed before returning them.** Return to Miss Johnston in Staffroom 3, to Miss Jones or Miss Shieff in the Music Block, or to the Office. Thank you.

### Reminders .....

**Bus Passes** - If you have not yet collected your bus pass, please go and see the ladies at the Student Counter to pick it up A.S.A.P.

**School vaccinations** - By now all Year 8 & 10 students should have received their consent forms required for vaccinations on 24 March. It is important that these forms be read and the consent form signed and **returned to the Gold Coast City Council** in the reply paid envelope. All girls in Year 8 can receive the vaccine that helps prevent cervical cancer. As a result girls vaccinations in Year 8 will be given over three scheduled visits due to this vaccine requiring three doses to be fully effective. The Year 8 girls will have 2 vaccines administered on each visit providing consent is given. All Year 8 students will have hepatitis B vaccination and this requires two scheduled vaccinations and one vaccination for chicken pox.

**Dates again – 24/03/09, 19/05/09 & 29/10/09**

Year 10 students will have DTPa. (diphtheria, tetanus, pertussis safely given in the one vaccine) scheduled for 19 May and if this is missed catch up on the 29 October.

**DEPUTY PRINCIPAL YEARS 8 & 9: MEGAN TYNE**

### REMINDER ~

**Scooters and Skateboards are not permitted at school, as they have proven to be a safety hazard to students and staff.**



**ARTS DEPARTMENT:**

**DEB DERRICK**

### School Musical ~ 'Circa Mystique'

We've got a great team of students and teachers working hard on our 2009 school musical, 'Circa Mystique'.

Last Thursday they gave the school a sneak preview with a lunch time performance in the PAC. The original script and musical score have both been written by our talented drama and music students. 'Circa Mystique' will be open to the public at the end of June – watch for advertising closer to the date.



**STUDENT PATHWAYS DIRECTOR:  
JEANETTE MCDONALD**

### ASSESSMENT SCHEDULES

Each student should have received their Semester 1 Assessment Schedule. These were posted last week.

The school produces this document to assist students and parents with time allocation for study plans and successful completion of all assessment tasks. The schedule should be placed somewhere prominent and referred to throughout the semester. Students should transfer all dates into their Student Organiser and on to a master calendar at home.

At times, due to unforeseen exceptional circumstances an assessment date may change. If this is the case, the Head of Department for that assessment item will notify relevant parents in writing about the change. At all times though, Departments do their utmost to adhere to published dates.



If students need another schedule, a copy of each student's assessment schedule has been placed into their My Documents/H Drive folder. Year 8 students are being re-issued with their assessment schedules this Thursday, which will be accompanied by a teacher explanation and tips about the best way to organize a semester study plan. *Please refer to pages 121 - 124 of the Student Organiser for the school's full Assessment Policy.*

### YEAR 12 QCS PREPARATION BEGINS SOON!!

Year 12 students who are sitting the QCS test (all OP students and self-nominated Non-Op students) must attend their first QCS work shop on Thursday, April 9. Students who cannot attend on this day **must** see Mrs McDonald or Mr Bevan PRIOR to the date, to arrange an alternative date. **Every student sits EACH and EVERY practice session.**

**IF YOU ARE A NON-OP STUDENT and you WISH TO SIT THE QCS, you need to give your name at the Student Pathways Office.**

### DRIVER SAFETY PROGRAM

For students with at least 5 hours driving experience, there are a number of courses to attend to make you a 'safe driver'. Parents can attend these as well. For full details go to [www.sdt.com.au](http://www.sdt.com.au) or call 38013222. These are private courses that any member of the public with the minimum requirement can attend.

### HEAD OF INTERNATIONAL DEPT: **SELLINA McCLUSKEY**

#### Hanasaki Tokuharu Japanese Student Visit ~

On March 18, we will welcome 60 Japanese Students for a ONE-day visit. They will spend the day with Japanese Immersion Students and be a perfect addition to our Harmony Day celebrations next week. Immersion Students will receive a letter regarding this event this week.

#### Change of Assessment Date 9A JAPANESE:

9A (Napier/Nishida) Japanese students will now hand in their Bon Voyage Assignment for monitoring on March 20 and the complete assignment is due March 31.

Harmony Day is celebrated on 21 March each year. It is managed by the Department of Immigration and Citizenship (DIAC) and celebrates the cohesive and inclusive nature of our nation and promotes the benefits of cultural diversity.

At Robina High, we support the key message of Harmony Day, which is "Everyone Belongs". This is part of our school ethos and is embedded in the "Team" dimension of our PROMOTE guidelines. We should all support inclusiveness, respect and a sense of belonging for everyone – regardless of their age, sex, cultural background or social standing. On Harmony Day we reflect on valuing the many different cultures that make up our school and community.

Next week we will celebrate Harmony Day in a variety of ways. In some curriculum areas students will reflect on multiculturalism and the dangers of stereotyping cultural groups. On Wednesday teachers will wear orange (the Harmony Day colour) to show their support for Harmony Day. We will have many whole school events and we look forward to students' participation in these:

Monday 16 – Harmony Day Presentations, Year Assemblies  
 Tuesday 17 – Harmony Day Cricket Match  
 Wednesday 18 – Harmony Day Assembly  
 Thursday 19 – Harmony Day Art Competition  
 Friday 20 – HSP & Kingfisher Harmony Lunch  
 Saturday 21 – International Students attend Welcome Breakfast with Gold Coast Mayor at Griffith University

Remember, as the song says: "We are one, but we are many, and from all the lands of earth we come ..... let's sing with one voice ... We are Australian".

### GUIDANCE OFFICER:

**JODIE DEKENS**

Last week I wrote about the 'typical' differences between the ways boys and girls engage in bullying behaviours. It is important that we recognize that bullying can occur in different forms. Most familiar is bullying which involves direct aggression such as violence, verbal or psychological abuse, etc. We typically associate such behaviours with boys as perpetrators, while girls tend to use more indirect behaviours, often referred to as 'relational aggression' (exclusion, ignoring, disclosure of secrets, rumours spreading, etc).

We know that bullying has long-term detrimental effects on victims and, therefore, it is important that as parents, we do what we can to help our children effectively deal with such problems. Here are some suggestions for parents to help their children in cases of suspected bullying:

- 1) Take time to actively listen to your child to learn how he or she is coping with peer relationships. It is best to comment as little as possible other than to let the child know you are listening. Validate feelings with comments such as 'you seem to be handling that well' or 'that must be hard for you'.
- 2) If there are obvious concerns once you have listened and tried to understand how it is from his or her perspective, it is important for both of you to adopt a problem-solving orientation. Ideally the child stays 'in charge', but you might need to lead him/her to this. Avoid the temptation to over-react and become unnecessarily emotional, rather acknowledge the concerns, validate how the child feels and look towards options that might solve the problem. Role play is an effective approach to respond to bullying - rehearse scenarios so that your child feels confident to use these strategies.
- 3) If necessary, make contact with the school to get support- ideally you should accompany your child to a meeting with the class teacher / Admin person, so that he/she can explain what is happening (that way your child feels 'in control'). Again, adopt a problem-solving orientation. Teachers do not condone bullying, but such behaviour is often difficult to identify and remember, sometimes your child may not be giving you the full story.
- 4) Remember that bullying is usually a one-way process of attack, where the victim has less power or status and feels unable to retaliate. Fights which involve two-way aggressive behaviours between kids of equal power do not normally constitute bullying, though they still need to be addressed.

Parents should avoid:

- confronting another child or their parents about suspected bullying – it is more effective to contact the school to enable an objective response to occur
- communicating sympathy, anger or blame (over-identifying with your child's emotions) when your child raises a concern about bullying
- taking over the problem
- doing nothing

### COMMUNITY LIAISON OFFICER:

**DI LODDON**

### The Education Tax Refund – Get 50% Back!!

Under the new Education Tax Refund, parents and others who are eligible can now claim 50% of their eligible education expenses – up to \$750 for primary students and

\$1500 for secondary school students. This means you could receive a refund each year of up to \$375 for each primary and \$750 for each secondary school student in your care.

**Are you eligible?** To be eligible you must have received Family Tax Benefit part A for each child whose education expenses you wish to claim. You can also claim the Education Tax Refund if you were stopped from receiving Family Tax Benefit part A because your child received any of the following:

- Youth Allowance (student) aged 18
- Disability Support Pension
- ABSTUDY
- The Veterans' Children Education Scheme
- The Student Financial Supplement Scheme
- A scheme under s258 of the Military Rehabilitation and Compensation Act of 2004
- An Australian Postgraduate Award

**Independent students are also eligible to claim.**

**What can you claim?** You can claim the purchase, lease, hire or hire-purchase costs, repairs and running costs of:

- Laptops, home computers and associated costs – for example, internet and paper
- Educational software, printers, USB flash drives, disability aids to assist in the use of computer equipment for students with special needs
- Stationery and art supplies
- School textbooks and associated learning materials
- Trade tools and safety equipment for secondary school trade courses

**NOTE: some of the expenses you CANNOT claim for include school fees, the cost of school uniforms, school excursions or travel to and from school, musical instruments or sporting equipment, clothing or footwear. For a more comprehensive list visit: [www.educationtaxrefund.gov.au](http://www.educationtaxrefund.gov.au)**

**When can you claim?** You can claim your education expenses in your 2009 tax return. If you do not have to lodge a tax return, you will be able to lodge a separate claim with the Tax Office from 1 July, 2009. If your education expenses in one year are more than the claim limit for your children, you can add the excess to your education expenses for the following year. **Remember – you need to keep all receipts for expenses you claim.** For more information call the Tax Office on: 13 28 61 or visit: [www.educationtaxrefund.gov.au](http://www.educationtaxrefund.gov.au)

### Playing the Puberty Game ~

Puberty can be a difficult time for children. Not quite kids and not really adolescents, they are caught in a type of limbo. It is a sad time too. Many young people look back at their childhood and realize that they can never really act the same. When they look ahead they realize that adolescence will present them with its own peculiar challenges.

Puberty is a time of immense body changes. The sex hormones are different and set off different development in girls and boys. Bodily changes are more evident for girls and are accompanied by huge mood swings, which can be disconcerting for parents.

The onset of puberty is not so obvious for boys. The first physical sign boys may notice is the enlargement of the testes, followed by growth of pubic hair. Testosterone, the male hormone, also affects mood swings but it arguably leads to increased energy and boisterousness. Many

parents discover that their pre-teen son delights in wrestling with siblings or even his father, in what is a test of strength. Paradoxically, many early teen boys need more sleep and eat parents out of house and home!

Pre-teens have a need for greater privacy, so they spend more and more time in the bedrooms, locked in the bathroom or arguing with younger siblings about personal space. During puberty, peers begin to assume increasing importance in young people's lives. Their friends increasingly influence their opinions, dress and appearance. It can be hurtful for a parent to discover that you are less influential than your child's friends, particularly if you enjoyed a close relationship when they were younger.

It is time for parents to be a little circumspect – a time for guidance and influence rather than control. Make no mistake, children during this time of change need their parents more than ever. The way you help them changes, and subtle, gentle guidance is often required. This particular stage provides a window of opportunity for parents. It is a time to help prepare your child for adolescence and even adulthood. It is a time for parents to establish a relationship based on mutual respect and shared interest. And it is the start of an exciting period in your child's development that requires thoughtful and smart parenting.

**Do you have some free time every Friday? If so, our Tuck Shop is looking for volunteers. If you feel you are able to help out, please contact Di Loddon at the school on: 5562 3404. Thank you!**

**YOUTH HEALTH NURSE:**

**HELEN DREDGE**

### Childhood Leukaemia:

The term leukaemia refers to cancers of the white blood cells, which are also referred to as leukocytes or WBCs. When a child has leukaemia, large numbers of abnormal white blood cells are produced in the bone marrow. These abnormal white cells crowd the bone marrow and flood the bloodstream, but they cannot perform their proper role of protecting the body against disease because they are defective.

As a group, leukaemias account for about 25% of all childhood cancers. If leukaemia progresses, the cancer interferes with the body's production of other types of blood cells, including red blood cells and platelets. This results in anaemia (low numbers of red cells) and bleeding problems, in addition to the increased risk of infection caused by white cell abnormalities.

Like all blood cells, leukaemia cells travel throughout the body. Depending on the number of abnormal cells and where these cells collect, children with leukaemia may have a number of symptoms.

Here are some general leukaemia symptoms:

- Anaemia — Children with leukaemia often have fewer than normal healthy red blood cells and platelets. They lack enough red blood cells to carry oxygen through the body, which causes a condition called anaemia. Children with anaemia may look pale, feel weak and tired and bleed and bruise easily.

- **Recurrent Infections** — Although children with leukaemia may have a high number of white blood cells, these white blood cells are immature and don't fight infection. Children may experience repetitive viral or bacterial infections. They often have symptoms of infection such as fever, runny nose and cough.
- **Bone and Joint Pain** — Pain in bones and joints is another common symptom of leukaemia. This pain is usually a result of the bone marrow being overcrowded and "full."
- **Abdominal Distress** — Abdominal pain also may be a symptom. Leukaemia cells can collect in the kidney, liver and spleen, causing enlargement of these organs. Pain in the abdomen may cause a loss of appetite and weight.
- **Swollen Lymph Nodes** — Lymph nodes under the arms, in the groin, chest and neck may become swollen when leukemia cells collect in the nodes. Lymph nodes filter the blood.
- **Difficulty Breathing**

Two general categories of leukaemia are acute and chronic. In acute leukaemia, symptoms appear quickly and worsen quickly. This form of leukaemia may develop over a short period of days to weeks. Abnormal white blood cells may collect in the brain or spinal cord. The result may be headaches, vomiting, confusion, loss of muscle control and difficulty seeing. Some patients develop sores in the eyes or unusual skin rashes. Leukaemia also can affect the lungs and other parts of the body.

If you have any concerns with your young person please contact your doctor. Cancer can affect any one of us and none of us are immune. Robina High School has been very proactive in raising funds towards cancer awareness.

**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 Certificate of Education.



### **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)**

### **Warner Brothers Theme Parks – Cert III Tourism**

Warner Brothers Theme Parks have an information evening at Sea World on **Tuesday 17 March** at 6.00pm in the Paradise Room for students interested in applying for the above school based traineeships. Register your attendance by calling 55882277.

**Automotive (Vehicle Body Presentation)**  
Southport/Ashmore area (OnQ)

**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 18<sup>th</sup> March (S)

**Business Administration** (16 yrs or over) Real Estate in Robina

**Business Administration:** Griffith University, Gold Coast Campus x 2 placements available. Basic skills in Microsoft Word and Excel are required. Closes 31/3/09. (SR)

**Hairdressing:** Certificate II Salon Assistant in Carrara

**Hospitality:** A popular resort in Surfers Paradise (OnQ)

**Hospitality:** Hogs Breath Café Mermaid Waters

**Hospitality:** Sizzler Restaurant at Mermaid Beach

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

**Hospitality:** x 4 at Spindelove Bistro and Bar located in Southport (M) Closing 13<sup>th</sup> March

**Multi Media– Certificate III Multi Media**

**Year 12 –** must have an interest in Multi media web design, Varsity Lakes (B)

**Warehousing:** Year 10 & 11 - Reece plumbing stores , various locations (B)

### **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.

**STUDENT PATHWAYS OFFICE: LYNNE BATESON**

On Wednesday, April 8, Mackintosh College are hosting a  
**'New Queensland Liquor License'  
(Responsible Service of Alcohol)**  
Course at the school.

The course is open to students in Years 10, 11 & 12 and will run from 1pm to 5pm. (*Students who play for an interschool sports team will therefore NOT be able to participate*).

*The normal cost per student to complete the RSA course is \$90. Mackintosh College are hosting this course specifically for RSHS students at the reduced fee of \$50 per person.*

We have already signed up a large number of students, so if you are interested in taking part, please come and see me in the Student Pathways Office a.s.a.p.

**The Royal College of Nursing, Australia** are holding their Nursing and Health Expo on Sunday, 26 April at the Brisbane Convention and Exhibition Centre. This is a great opportunity for students to explore future career possibilities, as there are over 60 exhibitors from hospitals, TAFE, health services, etc. For further info call: 1800 061660 or visit: [www.rcna.org.au](http://www.rcna.org.au)

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