



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.

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 that are 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 girl's 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.

World's Greatest Shave ~

17 of our Teachers had no hesitation in being part of the Leukaemia Foundation's **'Shave for a Cure'** last Thursday. Staff and students alike were keen to support the Foundation and also Luke Stratton, one of our Science Teachers whose 1-year old son has been undergoing chemotherapy. To date over \$1400 has been donated.

We are grateful for the support of 'Heads of Robina' along with Mackintosh College hairdressing students, who came along to do 'the shave'. Di Reilly, state member for Mudgeeraba, joined us as well and helped spray student's heads!! Thanks to everyone for their generosity and good spirit on the day.



STUDENT PATHWAYS DIRECTOR:
JEANETTE MCDONALD

OCS PRACTICE- OP and NON-OP.

All Year 12 OP eligible students **MUST** attend the first OCS practice session on Thursday, April 9. Any Non-OP student who wishes to sit the test needs to give their name to Student Pathways otherwise we assume you're not sitting.

GUIDANCE OFFICER:

JODIE DEKENS

DISCIPLINE VS. PUNISHMENT

Discipline is different from punishment because it teaches children to learn from their mistakes rather than making them suffer for them. In fact, imposing suffering actually

shifts the focus from the lesson that needs to be learned to who is in control. As a result, punishment focuses on the parent being responsible for controlling a child's behaviour, rather than the child controlling his/her own behaviour, which is the focus of discipline.

In *Positive Discipline*, Jane Nelsen offers guidelines for using consequences, which she calls the Four R's of consequences. These four R's actually apply to *all* discipline techniques, not just natural and logical consequences. Whatever discipline technique you choose, make sure it meets the following four criteria:

- Whenever possible, **REVEAL** the consequences of misbehaviour ahead of time so children will know what to expect the next time they *choose* to misbehave. *"If you want to ride your bike, you need to stay on the sidewalk or I'll know you've decided to put it in the garage."*
Notice how the responsibility for the behaviour and its effect are on the child rather than the parent. Can you tell how different this sounds than if the parent said, *"Don't go in the street or I'll take your bike away."* First of all, this wording gives the child the idea to go in the street (See "Don't say Don't!" July 1993 T.I.P.S.) then challenges the child to test the rule by wording it like a power threat.
- The discipline should be logically **RELATED** to the misbehaviour. Sending a child to bed or restricting a child from TV has nothing to do with riding a bike in the street.
- Present your comments in a **RESPECTFUL** manner that lets children know they have a *choice* about how they behave.

"When I see you riding your bike in the street, I know you're not ready to ride it safely and need to put the bike away."
Notice how different this sounds than, *"That's it, get out of the street! I'm taking your bike away for the rest of the day! You could get killed out there!"*

When we speak to children in **disrespectful ways**, they **respect us less and tend to talk back at us disrespectfully** more often. We **earn others' respect by showing respect to them first** –

- Provide a **REASONABLE** solution that will allow children an opportunity to correct the behaviour while the lesson is fresh in their minds. *"You can try to ride your bike again on the sidewalk after lunch."*

Notice that the time limit was a matter of hours, rather than days. Always make the time limit as minimal as possible, but long enough to emphasize the lesson. Also, notice that the correct behaviour was presented as a choice. The parent is respectfully revealing the discipline again before giving the child another chance.

Each time the child violates the rule, increase the time limit *gradually*. If you restrict children from a bike for a week the first time, they'll spend more time dwelling on their resentment than thinking about the lesson. If they make the same mistake again, they're likely to lose the bike for a month! Children need practice at being good, and we need to be honest with ourselves and decide whether our goal is to teach positive behaviour, to show who is in power, or to get revenge.

If any one of the Four R's is missing from the discipline, it turns the technique into punishment, which has Four (new) Four R's: **Resentment, Rebellion, Revenge, and Retreat** (lying, learning to not get caught, running away). If your child reacts in any of these ways, review how you presented your discipline. Chances are, one of the Four R's of Discipline was missing. But don't worry, children always give us another chance to learn from *our* mistakes!

Adapted from: "T.I.P.S.: Tools for Improving Parenting Skills," Dayton Parent magazine

Student Exchange Australia have 23 Scholarships up for grabs – 12 for Language, 9 for Creative Arts and 2 for International Affairs. If you are interested in applying, visit: www.studentexchange.org.au

YEAR 8 YEAR LEADER: KIRSTEN LAMONT

Over the last two weeks, we have been highlighting the importance of demonstrating a 'positive work ethic' to our Year 8 Students. At parade this week a number of Students were presented with awards recognizing this valuable principle.

It is wonderful to see so many Students prepared to work hard across the Year 8 cohort. Keep up this fantastic effort, Year 8!!

COMMUNITY LIAISON OFFICER: DI LODDON

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

YEAR 8 VACCINATIONS NEXT WEEK:



The annual GCCC school immunisation program will be conducted on Tuesday, 24 March. Information has been sent home via students. Parents by now should have posted the forms directly to the Council, using the reply paid envelopes provided. **Immunisation will ONLY be available for those students who return the forms to the Council.**

It is also possible to get these vaccinations completed by your doctor or at an immunisation clinic. Some young people can get very nervous when lots of people are around, so if this applies to your son or daughter, please consider which option will be in their best interests.

Prevention of Cervical Cancer:

The school vaccination program has now covered all young women of high school age from year 9-12 who are currently at school. If your daughter has not been vaccinated please contact the youth health nurse or contact the GCCC on 5581 6709 to find out if all 3 vaccinations have been given to your daughter. Year 8 girls commence their vaccinations on Tuesday, 24 March.

Most scientists believe cervical cancer is caused by the human papilloma virus (HPV) or genital wart virus and nearly 70% of these cancers by the common HPV strains 16 and 18.

This vaccine targets these strains of HPV and was developed by a team of researchers led by Professor Ian Frazer, director of the Centre for Immunology and Cancer Research at the University of Queensland.

Very Exciting - results of clinical trials reported 100% success in preventing cervical cancer in women vaccinated. The success rate has surprised and delighted Australian and overseas experts, who say the vaccine could potentially save 70% of the 250,000 lives lost each year around the world to cervical cancer. The vaccine, called Gardasil, is designed to be given in three doses over six months, which data suggests will provide immunity for at least 10 years. Gardasil manufactured by CSL, may be on sale in Australia by the end of next year.

Most women who develop cervical cancer acquire HPV or wart virus in the first 10 years after they become sexually active. However, a booster shot to extend immunity beyond the initial 10 years may later be recommended. Professor Fraser stressed that pap-smear screening programs are still very important, but with the vaccine, in the future these may not have to be done as often.

Sexually active women are recommended to have a pap smear 2 years after they become sexually active and commence having a pap-smear every 2 years. If all such women have regular pap-smears, we could also reduce cervical cancer by approximately 90%.

This vaccine will only be free up until the end of June 2009, so if you know any young women up to 26 years of age who haven't had this vaccination please encourage them to do so. Australia has about 700 cases of cervical cancer diagnosed every year, and about 270 deaths from this cancer, a very good reason to have a pap-smear!

Reminder: Return vaccination forms to the Council, not the School!!!

Want to find out what blood type you are?....

The Luna Travelling Exhibition happens at Robina Town Centre Thursday 19th - Saturday 21st March. We'd like to invite all along to visit the expo. The Travelling Exhibition acknowledges and showcases the life-saving role of blood donors and raises awareness of the need for more Australians to donate. The Year of the Blood Donor Travelling Expo lets all ages get involved and learn more about blood.

The Expo will be in Robina for three days (19 - 21 March) and some of the exciting events over the three days include:

- * Instant blood typing
- * Who gives blood and who it helps in the community
- * What happens to donated blood
- * Who shares your blood type
- * Australia's 80 year history of blood donation
- * Visits by our mascot Billy the Blood Drop

Robina Town Centre (Marketplace car park outside Coles)

FREE ENTRY

Thursday 19th March 9am - 7pm

Friday 20th March 9am - 5pm

Saturday 21st March 9am - 4pm

Please bring your family and friends along to find out if they are the type to help save a life. Call 13 14 95 for more details or visit www.donateblood.com.au

Brain Awareness Week - Water or Coca-Cola ?

1. 75% of people are chronically dehydrated.
2. In 37% of people, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as much as 3%.
4. Lack of water, is the number 1 trigger of daytime fatigue.
5. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
6. To loosen a rusted bolt: Apply a cloth soaked in Coca-Cola to the rusted bolt for several minutes - it will also clean road haze from your windshield!!
7. An active ingredient in Coke is phosphoric acid, which is strong enough to dissolve a nail if left in it.

The question is, which should we be drinking more of - Coke or Water?

"Youth Tobacco Free Day":
Friday, 27 March 2009



*Do your clothes **stink**?*

*Does your breath **smell**?*

*Are you **breathless** when playing sport?*

*Is it time to save the **money**?*

This is a great opportunity for those who smoke to think about their smoking habit. Is now the time to QUIT? If yes, then I can help you. If you are interested, make an appointment to see me or drop into my office in GS 104 to make an appointment or call the QUITLINE on 131 848

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)

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

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)

Business Administration: Located in Burleigh (OnQ)

Chef (Commercial Cookery) located in Burleigh (OnQ)

Hairdressing: Certificate II Salon Assistant in Carrara

Hospitality: Hogs Breath Café Mermaid Waters

Hospitality: Sizzler Restaurant at Mermaid Beach

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

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

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

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

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.

CASUAL POSITIONS

Big W – Casual positions available. Come to Student Pathways for the application process.

City Beach – New store opening in Robina next month have positions available. Come to Student Pathways for brochures.

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

COMMUNITY NOTICES:

EASTER SUPER TENNIS CAMP

When: Tuesday 14 - Friday 17 April

Time: 8am to 1pm

Where: Gold Coast Seniors Tennis Club

24 Pizzey Drive, PizzeyPark, Miami

Please contact Rowan Hollonds, Gold Coast Tennis

Coaching on: 0411 867 971 for further details.

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!