



Robina State High School

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Queensland
Government
Education Queensland

Weekly Newsletter

WEEKLY FOCUS:

'Be Responsible for Your Actions'

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.

C-R-O-S-S C-O-U-N-T-R-Y



When: Wednesday, May 6
Where: Pizzey Park Athletics
Time: 10 am to 12 noon
Transport: Bus
Cost: Nil for interschool sport students,
\$6 for non-interschool students

All interested sport teams are required to participate in the Cross Country.

All non-interested sport students are invited to participate – permission form required. Speak to Mr Purnell for further details.

DEPUTY PRINCIPAL YEARS 8 & 9:
JENNY TOBIN

Outward Bound Australia have a program designed to challenge and inspire young leaders, taking place from Sunday, 28 June to Saturday, 4 July at Toonumbar National Park, Tharwa, ACT.

The program covers issues such as communication, leadership styles and leadership self awareness. Learning is attained through experiences including high ropes course, bush navigation, camping, etc.

If you are between 15 & 18 years old and would like further details, tel: 02 6235 5755 or visit: www.outwardbound.org.au

APPLICATIONS CLOSE ON FRIDAY 3 APRIL, 2009. For an application form visit www.outwardbound.org.au

Outward Bound Australia are also running an Outward Bound Foundations Program, aimed at Year 9 students. This 7 – 9 day journey based experience is designed to be "A significant shared experience that enables participants to understand that they direct their future, through their self-beliefs, choices and actions".

If you are 14 – 15 years old and would like further details, tel: 02 6235 5755 or visit: www.outwardbound.org.au

For both these camps, the student applies as an individual (i.e. not via the school) and must deal with Outward Bound Australia directly.



STUDENT PATHWAYS DIRECTOR:
JEANETTE MCDONALD

YOUTH WEEK – COMPETITION any MEDIUM

Next week March 28 - April 5 is Youth Week. Students are encouraged to participate in a Queensland Government on line competition with prizes of \$6000 in senior and junior categories.

As this is the Year of Creativity young people log into www.youth.qld.gov.au and express their ideas in any medium of their choice. The competition enables students to create an entry that expresses their ideas for a better community. Entries can be uploaded in animation, audio, design, film, interactive media, photography, visual art or writing. Approved entries will form a gallery to showcase the talents of our youth.

VOCATIONAL EDUCATION OUTSIDE SCHOOL

At present we have around 200 students who are accessing vocational course off our school campus. This includes around 90 TAFE students and 80 school based trainees and apprentices, with a smattering of others registered with a variety of training organisations. We have students enrolled in Dance School, working at Queensland Racing as stable hands, in hotels, restaurants and theme parks in hospitality and tourism, gaining their electro technology qualification, completing a fitness qualification, tending to animals as veterinary assistants undertaking hair dressing training, engaged in IT, carpentry, retail, business administration, children's services, engineering and many more.

Approximately another 40 students access university in some way, either studying a first year subject for a semester or participating in other short programs.

These students combine their vocational and/or academic studies with their school timetabled studies. This is one of Robina SHS great success stories. Because of our willingness to embrace a flexible education structure, we can offer our students an academic and/or vocational pathway in and/or out of school.

We encourage all students to review their opportunities as often as they can!

QCS PRACTICE- OP and NON-OP.

All Year 12 OP eligible students MUST attend the first QCS 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

FAMILY SQUABBLES

Parents often worry about brothers and sisters quarrelling. A certain amount of quarrelling is normal for children in families. It is one of the ways that they learn how to get on with other people. Quarrelling can be positive. Sometimes however, you will need to step in when tempers become frayed and you can see that things are getting out of control.

What causes quarrelling?

Learning to get on with others:

Arguments between brothers and sisters are one of the ways that children learn to respect other people's belongings and feelings. It is one of the ways children learn to solve problems. Learning to argue fairly and without hurting each other will help them get on with others.

Parents' Attention:

Children in families also fight about parents' love. To children, love means time and attention. If you seem to have more time for one child than you do for another, they are likely to be jealous. Often an older child who feels hurt and angry will try to get at a new baby or younger child in some way. If the parents then rescue the younger child (as they have to) and at the same time punish the older child, it makes the older child feel more unloved and misunderstood.

This can become a habit, where one child always seems to be the one who starts the fights. The parents feel that they should rescue the child who is being picked on. This makes the one who 'started it' feel worse, and so this child will start another fight when the chance comes.

Remember the child who seems to start the quarrel is not always the one who does so. Often children will do something to annoy other children knowing they will retaliate and then get into trouble.

What parents can do:

Here are some steps you can take to help prevent quarrels.

- Protect the needs of each child, for example prevent older children's activities from being interfered with by younger children and vice versa.
- Spend special time with each child on a regular basis.
- Allow each child to own some special things of their own that they don't have to share. For younger children, see that there are more than one of the same toys, such as matchbox cars, so that they can play together without having to share. Two second hand tricycles are often better fun than one new one that has to be shared. If you have three children make sure that the same one is not left out every time.
- Invite other children over.
- Children need their own bit of space which will not be interfered with by others, even if it is only a drawer.
- Try not to compare children with each other - this always leads to bad feelings.
- Be generous with hugs and affection to all your children.
- Make ground rules. Get your children to help you make some rules about what behaviour is not

allowed in your home, for example name calling or hitting. Then if you have to step in, you do so because someone has broken a rule, not to take sides.

- When you can see that children are feeling upset, help them to find ways to express their feelings by talking about them. Play that helps with feelings includes water play, painting and playdough. For older children and adolescents it may be something like going for a run or playing their music. Talk with them about what helps.

Children need you to teach them how to solve problems, listen to each other and then look for solutions that are fair.

Adapted from 'Parenting SA', Government of South Australia

COMMUNITY LIAISON OFFICER: DI LODDON

The Guide to Safe Partying ~

"Mum can I have a party for my next Birthday?" If your six year-old asks for a party then you can relax, blow up the balloons, order the party pies and send out the invitations. If your sixteen year-old comes to you with the same request, then be prepared to be very well organized!!

Teenagers should be able to hold parties that provide opportunities to mix with friends and be alcohol free, or if they are of a legal drinking age, where it is responsibly supervised.

The following 10-point plan can help you hold a safe party for young people:

1. **Venue** – host the party in a safe venue. This means a venue where access is restricted or in a comfortable area at home that enables supervision.
2. **Numbers** – Limit the number of guests appropriate to the venue and the level of security you're providing.
3. **Timing** – Limit the party's length and make sure this is stated on the invitations.
4. **Admission** – Admission to the party is by invitation only. Number the invitations to prevent photocopying.
5. **Security** – Consider adequate adult security for the party. Two adults is an absolute minimum of supervision. Security is essential at the entrance and exit points to deal with potential gatecrashers.
6. **Notify neighbours** – let them know you plan to have a supervised teen gathering and inform police so they can place it on their party register.
7. **Food and Drinks** – have plenty of food and non-alcoholic beverages on hand. If alcohol is

permitted, discourage guests from bringing their own.

8. **Activities** – organize entertainment and space where guests can dance
9. **Supervision** – Be present during the Party. You can bring in snacks and non-alcoholic beverages. Not only will your presence help keep the party running smoothly, but it will also give you an opportunity to meet or get to know your teen's friends.
10. **Gatecrashers** - Plan ahead to prevent gatecrashers and work out how you will handle them if they arrive.

A teenage party without planning and adult supervision is an accident waiting to happen. These guidelines won't always be easy to follow. But, attempting to establish reasonable guidelines can benefit you, your young person and the entire community.

Adapted from 'Parenting Ideas' by Michael Grose.

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!

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.



Certificate II Racing (Stablehand)

Old Racing are having an information session on Thursday April 2 at the Gold Coast Turf Club 5.30pm - 7.00pm. for students interested in obtaining a school based traineeship. You must have a passion for horses and available for early morning starts. Come along and try out the mechanical horse!! Register your attendance with Mrs Allen, Student Pathways

Animal Care Assistant – Pet shop in Robina (OnQ)

Automotive (Vehicle Servicing) Your role will include log services, routine vehicle maintenance, parts enquiries ordering and sourcing. Opportunity for long term employment. Tweed Heads (M)

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 17.4.09. (SR)

Hairdressing: Certificate II Salon Assistant in Carrara

Hospitality: Hogs Breath Café Mermaid Waters

Hospitality: Sizzler Restaurant at Mermaid Beach

Warehousing: Years 10 & 11 – Large retailer in Southport (OnQ)

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

CASUAL POSITIONS:

Three Juniors required at New Zealand Natural Ice Creamery, opening in Robina Town Centre next week. Must be able to work Thursday nights and weekends. E-mail resumes to: bgrady@nzn.com.au

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



Once again, **Bond University** are hosting their **'Grade 11 Headstart Day'**. This event will take place on Monday, 20 April, which is a **pupil free day**. The day runs from 8.15am – 3.00pm.

This event is free to attend and you will be provided with morning tea and lunch, also free of charge. The day enables students to view the campus and attend presentations on a wide range of subjects – from Law and Media to Forensic Science and Marketing.

Come and see me to register your interest and to view all the presentations on offer. Remember - places are limited so act quickly!!

It's 'STUDENT FOR A SEMESTER' time at Bond University again!

This program provides a great opportunity for students in Years 11 and 12 to view university life and potentially use their subject credit towards future tertiary studies.

Students are required to attend one lecture and one tutorial every week, and complete assessment tasks throughout the semester.

Tuition costs per student per semester are \$210.

APPLICATIONS ARE BEING ACCEPTED FROM TODAY'S DATE – timetables and application forms are available online at: www.bond.edu.au/events/

Come and speak to me in Student Pathways for further details, if you are considering applying.



The Red Cross QLD Youth Advisory Committee (QYAC) is currently recruiting for its 2009 committee.

If you are a student aged 15 or above, who is interested in leadership development, youth advocacy or working with vulnerable people, why not consider applying? Further details are available from www.redcross.org.au/qld

Note: applications close Thursday April 9, 2009

Earn money whilst you study for your degree, and get your tuition fees and medical fees paid for at the same time!!

The Australian Defence Force Academy (ADFA) are holding an Information Session on Tuesday, 7 April at the ANZAC Room, Twin Towns commencing at 7pm. If you are interested in a career in the defence forces, why not go along to find out more.

COMMUNITY NOTICES:

Youth Week 09 ~

Celebrate the event at Pizzey Park and Norfolk Skate Park, Ormeau this Saturday, 28 March, from 11am to 2pm (both locations). Lots to see and do, including BMX and scooter jams, art and photography, drumming and twirling and lots, lots more!! Visit: www.goldcoastcity.com.au/vibe 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!