



# Robina

## State High School

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Queensland  
Government  
Education Queensland

## Weekly Newsletter

### WEEKLY FOCUS:

*'Aim For Excellence'*

### Gold Coast Health Service District Oral Health Division – School Dental Service

The Gold Coast Health Service District provides a quality, free dental program for Queensland Students who are enrolled in Prep through until they finish Year 10 at High School.

A qualified and skilled team of Dentists, Oral Health Therapists, Dental Therapists and Dental Assistants work together to provide a range of general dental services to meet your child's specific needs. If your child requires specialist dental treatment, the dentist will discuss this with you.

The School Dental Service is provided by staff in fixed and mobile school dental clinics. The mobile dental clinics rotate from school to school (both private and public) within the Gold Coast Health Service District.

A general course of dental treatment will only be provided when the dental clinic visits your child's school. As it is not always possible for the School Dental Service to visit your school within the suggested 12 month recall time, please consider assisting to maintain good oral health by attending your family dentist for an examination and dental care in-between visits by the School Dental Service.

When the School Dental Service is not at your school, a pain relief and trauma service is available for emergency dental care only. In case of an emergency, please contact the School Dental Clinic on: 5576 3822.

For more information, please phone the dental staff on: 0407 038071.

Thank you for your assistance ~  
School Dental Staff

### Parent Teacher Interviews

Parent Teacher Interviews are  
Taking place on Tuesday, April 28.  
Interviews will be held in the SAC  
from 3.30pm - 7.00pm.

Parents can book appointments  
up until 2.00pm this Friday, April  
24 by phoning Glenda Bartlett at the school on: 5562  
3484. Interviews are a great opportunity for parents to  
meet teachers and discuss student progress. Parents  
will receive a reminder schedule for the family on  
Monday, April 27.

Our Guidance Officer, Jodie Dekens, will be present at  
the evening should you wish to chat to her about  
subjects or career options, for example. If you don't  
manage to catch up with her on the night, please call  
5562 3448 to make an appointment during school  
hours.

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.

**The position of P & C Secretary has become  
available. If you are interested in applying,  
please contact Di Loddon at the school on 5562  
3404.**

**LEO'S TEACHER:**

**SALLY GOWER**

### Tore Village – Robina High School 3rd Annual – Mother's Day Pizza Drive

Times are tough everywhere. Sadly, times are extra  
tough for Fijians this year. In previous years our funds  
provided the opportunity for the mother's of Tore  
village to cook a pizza for their families on Mother's  
Day. They have expressed great appreciation for this  
gesture of friendship.

This year, the money we raise is needed for basic staples i.e. taro, flour, sugar and oil - pizza won't be on the menu. Their subsistence farms were wiped out in the January floods and are not expected to be producing again for some months to come. Political unrest means there is no government assistance.

Coin donations will be collected by our promote Captains and Leos Club members on Monday 27, Tuesday 28 and Thursday 30 April. Please sign the Mother's Day card for Tore Village if possible, and let them know we are thinking of them.



**STUDENT PATHWAYS DIRECTOR:  
JEANETTE MCDONALD**

**Community Representatives for QCS Call - Paid**  
Our school needs to provide 3 Chief Community supervisors and 2 Community Representatives to help supervise the QCS test on the 1<sup>st</sup> and 2<sup>nd</sup> of September. These are paid positions and you may also be called on to attend a nearby school. If you would like further details or an application form, please contact me on 5562 3446 or email me at: [jmcd074@eq.edu.au](mailto:jmcd074@eq.edu.au)

**GUIDANCE OFFICER: JODIE DEKENS**

**Helping kids become resilient ~**

Definition: 'Resilience – the ability to cope in times of stress or hardship.'

As parents we work to equip our children with the tools they need to solve their own problems, to respond to difficulties, to feel good about themselves and others, and to perceive the future in a hopeful and confident manner.

It would be great if all children arrived with a Do it Yourself Manual but here are some ideas to help your child become resilient.

Brooks and Goldstein talks of 10 key principles for resilience

- Be empathetic – teach understanding of how another person might feel, recognize your own feelings
- Communicate and listen effectively – and respond to what your child is saying
- Love your children in ways that make them feel special and appreciated – let them know you love them unconditionally.
- Accept your child for who they are and help them to set reasonable goals – goals for today, and goals for the future. It's good to work towards something.
- Help them experience success in what ever they show competence in (even if it's collecting bugs)
- Focus on positives, reword negative talk – sometimes the positive may be hard to see, but it's there. Always end a conversation with something positive. Instead of saying 'don't do .....', say 'what you want your child to do'.

- Help them to understand that 'mistakes' are just things yet to be learnt
- Develop responsibility, compassion and social awareness by providing opportunities where your child can contribute or give back to others.
- Teach your child to solve problems and make decisions (What's the problem?, What are the choices? Which is the best choice? Try it. If it doesn't work review your choices.)
- Discipline in a way that promotes self- discipline and self worth. Punishment is one form of discipline and often a least effective form as it teaches the child what not to do rather than what to do, and can often build resentment. It is difficult to teach your child a better way to behave when you yourself are angry and upset. So be calm, tell your child what you want them to do, and praise your child for doing the right thing. Have though, a plan in place for dealing with noncompliance, but be calm. Your child is watching you and will copy how you behave.

In following these principle we will contribute to helping our children be resilient, to be emotionally healthy, equipped to successfully confront challenges, and bounce back from setbacks.

*Adapted from 'Raising Resilient Children' by R.Brooks and S. Goldstein*

**COMMUNITY LIAISON OFFICER: DI LODDON**

**F E A R S**

Many children have fears that surface at various times in their lives. Some fears, such as fear of the dark, are common in children at certain ages. Sometimes fears are triggered by an event or an unfortunate accident. If a child is bitten by a dog when young, he or she may be afraid of dogs. Well-publicised tragedies can lead to a deep feeling of fear and anxiety about their personal safety.

Children can also learn fears from adults. The number of children who fear a trip to the dentist, just from their parents' reactions, is a source of consternation to that profession. However, parents can help their children deal with fears and the following suggestions may be useful.

**Coping With Fears ~**

Here are some ideas you can use to help children cope with fears:

1. Distinguish between caution and fear. Caution is the recognition of possible dangers and the consideration of ways of dealing with them safely. Fear can be debilitating as it generally leads to an avoidance of a situation and it diminishes the ability to cope.
2. Affirm their fears. Let them know that it is okay to be scared or nervous about meeting a new group of friends or giving a speech at school, for example. By encouraging children to give voice to their fears, we

teach them to share their problems rather than keep them to themselves.

3. Reassure them by telling them the truth. You cannot guarantee that a child will be totally safe, but there are steps to take to reduce the likelihood of harm. Children's sense of security comes from routines and established rituals, so make sure that there are as few changes as possible in their lives, particularly following a trauma.

4. Teach them some skills to cope. Often children take solace in action, so give them ideas on how they might beat their fears. Children who are afraid of the dark often feel better knowing that they can turn on a night-light if needed.

5. Display confidence in your child's ability to deal with their fears. Without being dismissive, help children view the positive side of events and show your faith in their ability to cope. Just as children easily pick up parental anxiety, they also learn optimism from their parents. It is amazing how catching a positive attitude is!

6. Find someone to talk to about your children's fears. Swap ideas to reassure yourself that you have acted in your child's best interests. As parents, we can feel like we are in the dark at times when children express their concerns to us. Working out what's normal and what's not normal is a key to effectively helping children when they have problems.

Taken from 'Parenting Ideas' by Michael Grose..

**INDUSTRY LIAISON OFFICER: ROBYN ALLEN**

**Details for all positions listed can be provided by Mrs Allen at Student Pathways**

**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.

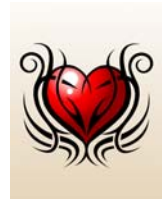
**Automotive (Vehicle Body Presentation)**

Southport/Ashmore area (OnQ)



**Business Administration:**

Tattoo Shop in Miami – Some artistic qualities would be an advantage and would suit someone with a view to a potential career in this field.



**Business Administration:**



Year 10 or 11 student who is enthusiastic, well presented and a keen learner to undertake a traineeship in an accounting firm in the Southport area. (OnQ)

**Hospitality:** Up Market Café in Mudgeeraba (B)



**Hospitality:** Hogs Breath Café Mermaid Waters



**Hospitality:** Sizzler Restaurant at Mermaid Beach

**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**

Organic Grocery Store in Broadbeach in the Oasis requires a conscientious student for casual work on Fridays, Weekends and after school hours. Take your resume into the store and ask to see Janine Auld.

**FULL TIME POSITIONS**

To enquire about the full time positions please contact On Q on 5587 6500.

**Business Administration:** - Insurance Brokers in Surfers Paradise

**Business Administration:** - Real Estate in Burleigh Heads

**Apprentice Mechanic:** - Large dealership in Southport. Must have a current manual licence.

**UNIFORM SHOP: JANE DRISCOLL**



The Uniform Shop now has Canon and Brother printer ink cartridges in stock, at prices starting at just \$7.95 each!! Why not pop in and check if we have a cartridge which is compatible to your printer, at very competitive rates.



### WINTER IS NEARLY HERE!

The Uniform Shop now has Winter Jackets in stock priced at \$40 and V-neck sweatshirts, priced at \$35 each.



### Special Offer!!!

**Zip-Neck Jumpers have been reduced to just \$30 each – get in quickly!!**

**STUDENT PATHWAYS OFFICE: LYNNE BATESON**

### Griffith University Experience Days 18 – 22 May, 2009

Experience the life of a university student for a day! To check out the program details, go online at: [www.griffith.edu.au/experiencedays](http://www.griffith.edu.au/experiencedays)

If you decide you would like to participate, please come and see me to reserve a place. Get in quickly – places are limited!

The Faculty of Social and Behavioural Sciences at The University of Queensland are holding an open day on Thursday, 16 July, for any students who may be interested in a career in behavioural sciences, creative arts and the humanities.

The event takes place at the St Lucia campus, from 8.45am to 2.30pm.

Areas included on the day will be: **Cultural Studies, Education, History, Journalism, Languages, Media Studies, Music, Political Science, Philosophy, Psychology, Religion, etc.**

If you are in Year 11 or Year 12 and would like to attend, please come and see me to register your interest A.S.A.P.

### Lions Youth Exchange Travel ~

Are you a senior student (16 – 21 years), considering an exchange visit?

The Lions Youth Exchange Program has run successfully for many years and arrange an exchange program for students to travel to a wide range of overseas destinations during December and January.

Interested? Visit [www.lionsclubs.org.au/ye](http://www.lionsclubs.org.au/ye) for further details.

### Mission Australia's 2009 National Survey of Young Australians

This survey gives young Australians aged 11 to 24 years an opportunity to comment on a range of issues that are important to them. The responses provide valuable information for anyone concerned about the wellbeing of young people.

Visit [www.missionaustralia.com.au/youthsurvey](http://www.missionaustralia.com.au/youthsurvey) to download the survey form. The closing date for responses is Friday, 26 June, 2009. A full report of the findings will be released later this year.

### COMMUNITY NOTICES:

### P.A.C.E.

### Parenting Adolescents a Creative Experience

This is a FREE 8-week program for parents of adolescents. Topics covered include assertiveness, conflict resolution, work and study, etc.

Sessions take place on Tuesday evenings from 6pm – 8pm at Headspace, 2/126 Scarborough Street, Southport. Light refreshments will be provided. Call: 5527 7211 for further details or to reserve a place.

**Monday, 18 May 2009, 10am – 1pm**

Venue: QUT Gardens Theatre,  
Gardens Point campus, 2 George Street,  
Brisbane

For more information or to reserve your Place, phone 07 3138 2862, fax 07 3221 0313 or email QUT at: [rsvpinternational@qut.edu.au](mailto:rsvpinternational@qut.edu.au)

Please RSVP by  
Wednesday, 6 May, 2009.

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

