



# Robina

## State High School

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Queensland  
Government  
Education Queensland

## Weekly Newsletter

### WEEKLY FOCUS:

*'Aim For Excellence'*

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.

We will have a guest speaker Teacher, Mrs Anita Blay, speaking at this meeting on the 'Gift and Talented Program' we have within the school. If you are interested in this topic, please come along.

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.

### PRINCIPAL:

**ROSS SMITH**

It's always gratifying to see the number of parents and caregivers who attend parent/teacher interview evenings. Last Tuesday evening's event allowed a large number of our caregivers to discuss their child's progress with individual teachers. We always encourage communication between home and the school so if you wish to talk to your child's teacher or a Year Coordinator, we welcome your call.

### INTERNATIONAL DEPARTMENT: DI MITCHELL

The school will be hosting a study tour in the near future and we require host families for the visiting students.

Students need to be provided with morning tea and lunch every day, unless their itinerary for the day specifies that this is not required. Host 'parents' also need to ensure that the visiting student is delivered to and collected from school each day.



### Details are:

Lizen High School – Taichung City, Taiwan

14 May – 6 June, 2009

Double placements required for girls or boys. Students will be 15 & 16 years of age.

Payment for having a student in your home is \$27 per student, per night. If you are interested in hosting students, please contact me at the school A.S.A.P. for further details on: 5562 3451 or 0428 681258.

**ACTING PR MANAGER:**

**MICHELLE GRAY**

### Lucky Celebrate Draw

This month's winner is **Jordan Hann** in Year 10. Congratulations, Jordan, you have won a \$50 Robina Town Centre voucher!!



The next Celebrate will be issued in a few weeks time. Don't forget to put your entry form into the box in the library.

**STUDENT PATHWAYS DIRECTOR:**  
**JEANETTE MCDONALD**

### QCS SPECIAL PROVISION - Is this you?

Any Year 12 student sitting the QCS who believes they may be disadvantaged because of a verifiable disability, medical condition - including psychological - representative or cultural commitment, can apply for QCS Special Provision. This may mean a student is allowed to have extra breaks, given some more time or have different arrangements made to accommodate them comfortably. Please see Mrs McDonald as the closing date is coming up very soon. **The Queensland Studies Authority, who makes the decision about Special Provisions, does not accept late applications.**

**YOUTH HEALTH NURSE:**

**HELEN DREDGE**

### Stopping the Spread of Germs at Work

**How Germs Spread -**

Illnesses like the flu (influenza) and colds are caused by viruses that infect the nose, throat, and lungs.

The flu and colds usually spread from person to person when an infected person coughs or sneezes.

#### How to Help Stop the Spread of Germs

Take care to:

- Cover your mouth and nose when you sneeze or cough
- Clean your hands often
- Avoid touching your eyes, nose or mouth
- Stay home when you are sick and check with a health care provider when needed.

Practice other good health habits too, such as:

- Cover your mouth and nose when you sneeze or cough
- Cough or sneeze into a tissue and then throw it away.

Cover your cough or sneeze if you do not have a tissue, then, clean your hands and do so every time you cough or sneeze.

- Clean your hands often - when available, wash your hands — with soap and warm water — then rub your hands vigorously together and scrub all surfaces. Wash for 15 to 20 seconds. It is the soap combined with the scrubbing action that helps dislodge and remove germs. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and pharmacies. If using a gel, rub the gel in your hands until they are dry. The gel doesn't need water to work; the alcohol in the gel kills germs that cause colds and the flu.\*

\*Source: FDA/CFSAN Food Safety A to Z Reference Guide, September 2001: Handwashing.

- Avoid touching your eyes, nose, or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth. Germs can live for a long time (some can live for 2 hours or more) on surfaces like doorknobs, desks, and tables.

When you are sick or have flu symptoms, stay home, get plenty of rest, and check with a health care provider as needed. Your employer may need a doctor's note for an excused absence. Remember: Keeping your distance from others may protect them from getting sick. Common symptoms of the flu include:

- fever (usually high)
- headache
- extreme tiredness
- cough
- sore throat
- runny or stuffy nose
- muscle aches, and
- nausea, vomiting, and diarrhea, (much more common among children than adults)

Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Practicing healthy habits will help you stay healthy during flu season and all year long.

#### What is swine influenza?

Swine influenza, or "swine flu", is a highly contagious acute respiratory disease of pigs, caused by one of several swine influenza A viruses.

#### How do people become infected?

People usually get swine influenza directly from infected pigs, however, human-to-human transmission has occurred. Influenza can spread in coughs or sneezes, but an increasing body of evidence shows little particles of virus

can linger on tabletops, telephones and other surfaces and be transferred via the fingers to the mouth, nose or eyes causing infection.

#### Is it safe to eat pork and pork products?

There is no risk of infection from this virus from consumption of well-cooked pork and pork products.

#### Is there a human vaccine to protect from swine influenza?

There are no vaccines that contain the current swine influenza virus causing illness in humans at the moment, but they are working on one. Treatments are available in Australia that have been shown to be effective for swine flu.

#### What about Australia?

Queensland Health, through the Department of Health and Ageing, is actively monitoring the situation and will be ready to escalate the level of response if and when required. Australia has measures in place and the expertise to deal with an emergency if the situation escalates to Australia. However, there have been no cases of swine flu identified in Australia at this stage.

#### To protect yourself and family, practice general preventive measures for all influenza / flu:

- Avoid close contact with people who appear unwell and who have fever and a cough keeping at least 1 metre in distance away.
- Use tissues to blow noses, cover your nose and mouth when coughing and sneezing and dispose of them after one use and then wash hands with soap and water.
- Wash your hands with soap and water frequently and use hand gel/foam antiseptics in the absence of hand washing facilities.
- Practice good health habits including adequate sleep, eating nutritious food, and keeping physically active.

Should we experience human cases of swine flu in Australia it may become necessary to consider the wearing of masks for your own protection where you will be exposed to groups of people

#### Your best strategy at the moment:

Is to follow advice from national and local health authorities, get medical advice before you travel overseas or if feeling unwell on return.

It is important to alert staff at a hospital or Doctor's surgery as soon as you get there if there is a chance you might have the flu after a trip overseas.

References:

Centre for Disease Control

Media releases - Queensland Health

World Health Organisation - <http://www.who.int/en/>

**General health information can always be obtained by calling 13 Health (13 43 25 84).**

**COMMUNITY LIAISON OFFICER: DI LODDON**

#### SLEEP – Sleep & Adolescents

Many teenagers are sleep deprived. They need a minimum of nine hours sleep, but it seems, many get only 7½ hours sleep per night. There is no sleep bank. Sleep cannot be accumulated for the future. A young person can't sleep for twelve hours to put some hours in the sleep bank. They can, however, sleep for twelve hours when they are sleep deprived, so sleeping in on weekends is an option for many teenagers.

**The Sleep Clock Changes -**

The biological sleep clock shifts for young people. Until age 10, kids tend to wake up fresh and ready for the day. For teens, their clock has shifted. Many wake up feeling tired and irritable as the sleep clock says they should still be sleeping early in the morning. For most teens there is a 'forbidden sleep zone' around 9 or 10 o'clock at night. They are alive and alert at these times. Ironically, as their parents move toward middle age, their sleep clocks shift forward and they just want to sleep at these times. Teens tend to have a sleep trough in the afternoon but peak at night.

**Sleep consolidates Learning -**

A good night's sleep sets a teenager up to maximize learning opportunities on the following day. Sleep also helps consolidate learning that took place during the day. Sleep research has shown that the brain practises and consolidates what it has learned during the day when they are asleep, so not only does sufficient sleep help future learning by ensuring a student is fresh, it consolidates past learning.

**Setting Teenagers Up for Sleep:**

Many teenagers experience sleep problems due to stress and anxiety about school and relationships. Helping your young person deal with these issues can greatly enhance the amount of sleep they have. A healthy diet and plenty of exercise sets young people up for sleep. Turning computer screens off thirty minutes before bed also helps them prepare for sleep.

**Keep in Mind:**

1. Ensure your young person gets sufficient sleep but be aware that this may mean altering bedtimes and get up times if possible. This can be tricky during the school week, but a mad dash to school in the morning may be the best option if it means they get an extra 30 minutes sleep.
2. Allow them to catch up on lost sleep at weekends with a long sleep-in - many need it.
3. Be prepared to talk with teens at night when they are alert – the midnight hours can present the best communication opportunities for parents. This can be disconcerting for parents whose sleep comes forward as they move toward middle age.

**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:** Year 11 or 12 student, company is located in Varsity Lakes.

**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)



**Children's Services:** Childcare centre in Mudgeeraba (Must be 17 years of age)

**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.

**STUDENT PATHWAYS OFFICE: LYNNE BATESON**

**Try'a Trade**

World Skills Australia Try'a Trade is an interactive program that allows visitors to try various skills and trade areas. The displays are entertaining, informative and offer access to some of the basic skills involved with a range of fields.

Try'a Trade allows people to meet and talk with experts who are recognised as leaders in their trade as well as other apprentices, TAFE teachers and local business owners.

**WorldSkills Australia Try'a Trade program was established to:**

- Motivate students and others through a hands-on experience
- Share information about career choices

- Encourage participants to appreciate that skill education and training offer more choices for the future

Our local event takes place in Brisbane on **8 May, 2009**. For further details, contact Amy Chapman via email at: [Amy.chapman@deta.qld.gov.au](mailto:Amy.chapman@deta.qld.gov.au)

**UNIFORM SHOP: JANE DRISCOLL**

## The Uniform Shop is having a SALE!!!

**Zip-neck jumpers**, further reduced to just \$25 each!

**Old-fabric sports polo shirts** reduced from \$35 to \$25 each – sizes available are 70, 80, 100 and 105.

**Old-fabric sports shorts** are reduced from \$30 to \$18 each – sizes in stock are 16, 18, 20, 22 & 24.

We have received our shipment of **jumpers** in and all sizes are now available for purchase.



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.

**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.

**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.

### Bond University Open Day –

**Sunday, 23 August, 2009  
10.00am – 3.00pm**

For more details contact Bond Uni on: 1800 074 074, or email them at: [www.bond.edu.au/openday](http://www.bond.edu.au/openday)

Applications for BOND UNIVERSITY SCHOLARSHIPS are now being accepted. Applications opened on April 1 and close on July 31.

Are you interested? If you are, you should visit: [www.bond.edu.au/scholarships](http://www.bond.edu.au/scholarships) for further details. Literature available from Mrs Bateson in the Student Pathways Office.

### Opening Soon – ADF GAP YEAR

Applications for 2010 ADF Gap Year open on May 1, 2009. To register your interest, go to: [www.defencejobs.gov.au](http://www.defencejobs.gov.au) or call: 13 19 01.



### COMMUNITY NOTICES:

Lifeline Gold Coast have several groups and workshops coming up, for example:

- How to survive your divorce
- Psychological First Aid
- Suicide Bereavement Group
- Relationship Workshop
- Parent Support Groups

There are 14 Groups scheduled to take place in the near future, but **bookings are essential**. To find out exactly what is on offer and when these sessions take place, please call 5579 6000 or email: [lifeline.goldcoast@lccq.org.au](mailto:lifeline.goldcoast@lccq.org.au)

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

