



Robina

State High School

Investigator Drive
Robina Qld 4226
Phone: 07 5562 3444
Fax: 07 5562 3400
www.robinashs.eq.edu.au



14 May, 2009 - Volume 15

Weekly Newsletter

WEEKLY FOCUS:

'Take Pride in Your Environment'

APOLOGY

Last week the word 'principal' was spelt incorrectly in this publication. We apologise for this error. In our 14th year of publication we are unable to explain how such a change was made to our template, but recognize it as unacceptable.

YOUTH HEALTH NURSE: HELEN DREDGE

**THE VACCINATIONS FOR YEAR 8
GIRLS AND ALL YEAR 10 STUDENTS,
SCHEDULED FOR TUESDAY, 19 MAY, 2009
HAVE BEEN POSTPONED.**

The date for the next **P & C Meeting** is Tuesday, 9 June at 6pm. The meeting will take place in the Common Room.

All are welcome – please enter through the front door of the Parent Centre.

DEPUTY PRINCIPAL: JENNY TOBIN

Year 9 Families ~

This week your Year 9 student will have participated in the **NAPLAN** tests.

Our Students have been very well prepared within their Mathematics and English classrooms. Students and teachers have been practicing their skill development and test readiness all year. These tests are conducted across Australia and are a measure of Literacy and Numeracy ability. You will receive your child's individual results with their end of Semester 2 Report. The school also receives a lot of valuable data which is used to inform our teaching practices and programming.

Remember this is only one data set teachers have to make judgments about students ability, and whilst it is important, it is not the sum total of achievement.

Should you have any questions or queries, please do not hesitate to contact me at school: jtobi5@eq.edu.au

ACTING PR & MARKETING DIRECTOR:
MICHELLE GRAY

Lizen High, Taiwan Study Tour -

45 students will be with us from May 14 to June 6 in the school and homestay program. This will be the 7th visit from Lizen High in Taiwan. We are delighted to have the company of these articulate and motivated students. Thanks to all our students who will be school buddies, and a big thank you to the families who will host our guests.

Rock 'n' Water ~

Last Thursday I was lucky enough to be a part of the Tallebudgera component of the 'Rock 'n' Water' program. Students enthusiastically embraced the full range of team building activities. I was extremely impressed with the philosophy behind the program of cooperation and working as a part of a team.

I have to mention the fantastic war cries and face painting! What an outstanding group I shared the day with. Congratulations, Year 8!!



GUIDANCE OFFICER: JODIE DEKENS

Helping children cope with fears and worries

Six year old Jessica doesn't want to go to sleep in her own bed. "You stay with me Mum", she says. Jessica's Mum reads another story. Her Mum gives her one more kiss and leaves.

A few minutes later, Jessica appears in the doorway. "I'm scared something might happen to the house. The roof might blow away."

Mum: "Nothing's going to happen to the house."

Jessica: "But I saw it on TV."

Jessica had not seemed to be bothered about the TV before. Now her parents realise she must have become worried after seeing TV news items about recent storms.

Understanding children's fears

Children get scared for all sorts of reasons. Often their fears seem unreasonable to adults. But even what may seem illogical to adults, can be very real to children.

Some fears are very common amongst children, with different sorts of fears appearing at different ages. Preschool children are often afraid of imaginary things like monsters hiding under the bed. In early primary school children are usually more fearful of real things that might happen, like being hurt. Later fears are more typically about possible failure at school or in sport.

Noticing when children are afraid

It's not always easy to tell when a child is frightened or worried. Obvious things that the child responds to immediately, like thunder, are easy enough to recognise. But some things are not as obvious. Children may not tell you they are scared. Often they show it through their behaviour instead.

When children are scared or worried they may:

- Become clingy or demand that a parent or carer stay close to them
- Have sleeping difficulties or want to sleep in their parent or carers' bed
- Lack confidence to do things they did happily before
- Avoid situations that make them feel scared or anxious
- Ask a parent or carer to do things for them or with them
- Complain of tummy aches or headaches.

Helping children to cope with fears

Children need adult support in order to learn to cope with fears. They need reassurance to reduce their anxious feelings, and skills for coping so that they can gradually learn to manage fears themselves.

How parents and carers can help

- Acknowledge how your child is feeling. Naming it, (e.g. 'feeling scared'), helps the child begin to see fear as a normal emotion that can be overcome.
- Stay cool yourself so you can model positive coping.

- Tell them how you learned to get over fears when you were their age.
- Positive self-talk can help children put fears into perspective. For example, "The storms on TV are far away from here. My house will be O.K."
- Asking what a favourite hero might do in this situation can sometimes be helpful for encouraging children to be brave.
- Learning relaxation skills is often very helpful for dealing with fears.
- Help the child put realistic limits around the scary situation. For example, Jessica's parents could explain that the TV pictures she saw were about something that happens rarely and only when the weather is extreme.
- Since television is a frequent trigger for children's fears it is important to monitor television viewing to minimise exposure to things that may be frightening. It can also help to discuss scary things at the time they are seen on TV.

Learning to cope with fears and worries helps children

LIBRARIAN: DEBORAH HYDE

~ POETRY COMPETITION ~

The theme of this year's Dorothea Mackellar Poetry Competition is 'Searching for Stars', to coincide with the International Year of Astronomy.

Interested students should come and visit me in the Library for inspiration and entry details.

Closing date: 20 June, 2009.



STUDENT PATHWAYS DIRECTOR: JEANETTE MCDONALD

OP PREDICTIONS -

Year 12 OP eligible students are now able to have a preliminary OP prediction made for them. These are based on Year 11 results only. Data is generated from previous student data that has been tested against actual OP scores. It is important that students are aware of the variables that can occur, not least a change in subject results, which can affect the actual OP score. OP predictions can be obtained from Mr Bevan (office), Mrs McDonald (Student Pathways Admin) of either of the Guidance Officers. OP predictions will not be generally distributed, as this information is private for each student.

OP predications give students an idea of what tertiary options and courses are reasonably within their reach. It allows students to concentrate their academic efforts in specific directions. Also, some students may need to revise their eligibility status.

YEAR 11 & GUESTS and Bond Student for a Semester: Semester 1 is crucial!

The Griffith University Early Start to Tertiary Studies is a program which allows students to study one degree subject at university in Semester 1 or 2 of Year 12. Applications occur in Term 3 Year 11. In the past few years we have had a number of students' applications rejected on the basis of their academic results. Year 11 students wishing to undertake GUESTS or Bond SFS (3 semesters a year, application in Year 11 & 12) need to realize their **Semester 1 Year 11 academic results** must be excellent and consistent, as this is the overriding information the universities use to make a determination as to a student's suitability for tertiary study.

COMMUNITY LIAISON OFFICER: DI LODDON

- English – including spelling, grammar, punctuation, essay writing and literature
- Mathematics – including advanced, Year 12, extension topics
- Science – including general science, biology, chemistry and physics
- Assignment research – including humanities and social sciences
- Study skills – including time management, note-taking and revision techniques

Although parents want to be able to help with homework, some do not feel confident helping their children with particular subjects or advanced material. The service is also ideal for busy parents who are unable to assist their children with homework each night.

*Taken from 'Parent Talk' Magazine – (QCPCA)
Vol 12, Number 2, Term 2, 2009*

INDUSTRY LIAISON OFFICER: ROBYN ALLEN

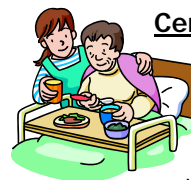
**Details for all positions listed
can be provided by Mrs Allen at the
Student Pathways Office**

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 III Aged Care

There are 5 positions available for school based traineeships in an Aged Care facility in Ashmore. The position would suit an individual who has an interest in nursing. (OnQ)



Certificate III Sport and Recreation x 5 at Rackley Swim Schools located in Burleigh and Currumbin.

Student will attend work after school hours plus one set day a week. There is also the possibility of undertaking extra hours over the school holidays. **Closes this Friday, 15 May.** See Mrs Allen for a flyer with the application process.

Free Online Homework Help for all Queensland Students

Queensland classrooms are moving online and it couldn't be better news for families. The State Library of Queensland has introduced free, safe, online, state-wide education help for students.

The service is called 'yourtutor' and it connects students in years 4 – 12 via the Internet with expert, background-checked Australian tutors for live, one-to-one tutoring in all core school subjects.

Shelley Webb, Executive Manager Public Library Services at the State Library of Queensland says, 'We are providing the 'yourtutor' service to help solve the age-old challenge of getting students to complete homework and take charge of their own independent study, and this can only be good news for their overall school results. The State Library is grateful to the Queensland University of Technology (QUT) and Central Queensland University (CQUni) for their support and sponsorship, which has enabled us to take this service state-wide.

Students are already connecting online for an instant discussion with qualified tutors, and finding help with:

Automotive (Vehicle Body Presentation)

Southport/Ashmore area (OnQ)



Business Administration: Year 11 or 12 student, company is located in Varsity Lakes



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

Certificate III Hospitality: -

Southport area – SES

Duties will include taking food and drink orders, setting and clearing of tables and a high level of customer service.

Hospitality: Hogs Breath Café Mermaid Waters

Hospitality: Sizzler Restaurant at Mermaid Beach

CASUAL POSITIONS



Sumo Salad – Robina Town Centre

SumoSalad is looking for salad-loving people who have a creative flair, to be Salad Artists in their new Robina store. Junior, Senior,

Supervisory and management positions available. Email your interest with resume attached to Brendan Geraghty [brendan@wlb.com.au] before 15th May.

FULL TIME POSITIONS

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

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

STUDENT PATHWAYS OFFICE: LYNNE BATESON

RSA Course



Senior Students may be interested to know that Mackintosh College are holding their next '**Responsible Service of Alcohol**' Course on Friday, 22 May, from 9am until 1pm.

Mackintosh College are offering this course to our Students at the reduced cost of \$50 (normal cost is \$90). The course will take place at Mackintosh College, just over the road from our school on Investigator Drive.

For further details or to enrol, please call into the College, or call them on: 5553 6777.

The SAE Institute are having an Open Day at their Byron Bay Campus, this Saturday, 16 May, from 11am until 3pm.

SAE Institute was established in 1976 as the world's first practical **audio engineering school** to address a growing demand for skilled audio engineers. The mission of our first campus was to provide aspiring audio engineers with the best practical and hands-on education possible, a creed we have upheld to this day.

Whilst audio engineering remains a very important part of SAE's objective, times have changed and SAE has now expanded its curriculums to include other creative media studies.

SAE has since grown to become a successful global network of campuses offering programs in audio engineering, digital film making, multimedia and animation, all of which are delivered using SAE's proven teaching method that combines sound theoretical knowledge with invaluable hands-on training.

For further details about the Open Day, contact SAE on 02 6639 6000 or email them at:

infobyron@sae.edu



Currumbin Wildlife Sanctuary will again be hosting their '**Working With Animals Careers Expo**' on Wednesday, 9 September from 9.30am until 3.00pm. Students who attend this event will be able to find out more about:

- University & TAFE courses
- Jobs
- Volunteer Roles
- Work Experience & Internship Opportunities
- The day to day working life of zoo keepers, animal handlers, veterinarians, vet nurses, etc.

It is quite some time until this event and further details will be advertised nearer the time.

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!