



# Robina State High School

Investigator Drive  
Robina Qld 4226  
Phone: 07 5562 3444  
Fax: 07 5562 3400

[www.robinashs.eq.edu.au](http://www.robinashs.eq.edu.au)

4 June, 2009 - Volume 18



Queensland  
Government  
Education Queensland

## Weekly Newsletter

### WEEKLY FOCUS:

*'Join in! Take opportunities'*

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.

### ANNUAL DANCE NIGHT

Main Auditorium, Robina Community Centre  
Thursday 18 June, 6.30pm – 9.00pm  
Purchase Tickets at Parent Centre,  
Robina State High School  
Adults \$15, Student \$10, Family (4) \$40

(Showcases Year 8 to 12 Dance students & Eisteddfod Dance Troupe. This is an event not to be missed by students with strong dance background.)

N.B. Parents are reminded that all dance students are to return Permission / Medical Form and Media Release Form as soon as possible to class teachers.

### BELS OFFICE: SALLY BULLPITT

#### TERM 3 SPORT OPTIONS – Wednesday Afternoons

The sport options for Term 3 have now been distributed to all students in Grades 9 to 11. There are many options for the students to choose from - some which have a cost involved and some which are free of charge.

In line with Queensland Education Policy (FNM-PR-018), if school fees are not paid in full or up-to-date, students may be refused participation in a sport requiring payment. Students in this situation are free to choose any sport option that does not require payment.

Payments can be made by students to the Payment Office or by parents to the Parent Centre up until 4pm on Thursday, 25 June. Be sure to get your payments in quickly as **the payment deadline cannot be extended.**

Extra sport option forms are available at the Parent Centre and at the Payment Office.

HEAD OF LOTE DEPT: SELLINA McCLUSKEY

### JAPANESE IMMERSION EVENING

#### 日本語イマージョン公開授業

The Japanese Immersion Program received the highest of praises from visiting Japanese guests recently. We were very honoured to have the Queensland Consulate General of Japan attend our

YOUTH HEALTH NURSE:

HELEN DREDGE

**THE VACCINATIONS FOR YEAR 8 GIRLS & ALL  
YEAR 10 STUDENTS, SCHEDULED FOR MAY 19  
HAVE BEEN RESCHEDULED.**

**VACCINATIONS WILL NOW TAKE PLACE ON:  
MONDAY, 22 JUNE, 2009.**

special Japanese Immersion Evening, held here at Robina State High School on May 18.

The Consulate General, Mr Hinei, Cultural Consul, Mr Yokogawa and Cultural Programs Liaison, Ms Susie Gardiner, were joined by special guests from Education Queensland who had come to watch demonstrations of Japanese Immersion classes. It was especially pleasing to have local primary school Japanese teachers and Principals in attendance.

This official function coincided with a visit from Okinawa Shogaku Gakuen (Okisho) staff, who travelled all the way from Japan for just a two day visit. Nashiro Sensei, Yoza Sensei and Saito Sensei came especially to meet us and formalise our Reciprocal Exchange Program, which will allow Year 10 Japanese Immersion Students to spend 3 weeks studying at Okisho in September. Our program at Robina State High School certainly impressed officials as students demonstrated a series of classes.

Japanese Immersion Staff have now been invited to a formal dinner at the Consulate residence in Brisbane to discuss future support of our program.

Congratulations to all students who presented speeches in Japanese on the evening. Matthew, Trent, Daisy, Chin, Julian, Paige, Maddi and Daniel did a fantastic job. Special thanks to all parents who attended, especially Mr Lye and Mrs Haddad, who also made presentations.

### ~ SEAWORLD ~

This week, fifty Year 9 students studying Japanese and German participated in a special language excursion at Seaworld. In fact, 39 students even stayed overnight at the Seaworld Nara Resort!

Year 9 students are currently learning about marine tourism and so a visit to Seaworld was the perfect opportunity to put classroom learning into practice. The 39 students who stayed overnight spent 3 hours on Sunday afternoon working on intensive Japanese activities in preparation for their Monday excursion. Many thanks to parents who supported this activity (especially with their finances and transport assistance)!



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

### SENIOR EXAM BLOCK -

All Year 11 & 12 students received their exam block timetable in PROMOTE class earlier this week. Students are to be at the SAC at least 10 minutes before the starting time, ready to enter the hall.

**Absences must be notified to the school on the morning of the exam and followed up with a medical certificate immediately on return to school.**

### YEAR 10 CAREER AND SUBJECT CHOICES -

Heads of Departments have begun speaking to Year 10 students on their weekly parades about the subjects on offer in the senior years.

In Term 3, Year 10 students will undertake a careers programme which includes a Queensland Certificate of Education session, alternative pathways information, their Job Guide, Subject Expo evening (July 27), a weekly PROMOTE senior pathways programme, career counselling and completion of the Student Education and Training Plan (SETP).

We encourage Year 10 students to begin thinking seriously about possible pathways they wish to explore for their future careers. We are always happy to discuss this with individuals at any break or students can make Guidance appointments if they need some more specific direction.

**GUIDANCE OFFICER: JODIE DEKENS**

### 12 Alternatives to Whacking your Child -

We all know that children, at times, can drive you crazy. They may not listen. They are messy. They don't think before they act. They don't consider another's feelings. Unfortunately these factors are a part of childhood, and it takes a loving family to help them learn to be respectful, responsible, tolerant, caring, loving and self-controlled. At times when everyday problems pile up our tolerance as parents may not be as strong. Often our ability to control ourselves will be tested. We may be easily angered but the message here is: **DON'T TAKE IT OUT ON YOUR CHILD or CHILDREN or PARTNER.**

It's a matter of mustering your self-control (we all have it). Think of the benefits - ***if you show self-control, your child knows what it looks like and can copy it.*** Here are some alternatives:

- Stop in your tracks. Step back. Sit down. Talk yourself back to calm.
- Take 5 deep breaths. Inhale. Exhale. Slowly. Slowly
- Count to 10. Better yet, 20 or say the alphabet out loud or backwards
- Phone a friend, or a relative. Even the weather number.
- Still mad? Punch a pillow, a punching bag or munch an apple.
- Thumb through a magazine, newspaper, photo album, work manual.
- Do some sit-ups, kick a ball, jog on the spot
- Pick up a pencil and write down your thoughts/ feelings/ frustrations
- Take a shower, or better still, a bath
- Lie down on the floor listening to your favourite music
- Talk to your pet – they are good listeners and non-judgmental



- Go to your shed (if you have one) otherwise, do that gardening/ mowing you need to do.

By now hopefully you are feeling calm. It's time to deal with the issue in a calm, peaceful, rational way. You can do it. It's all a matter of choice.

Adapted from: Queensland Centre for Prevention of Child Abuse Information Sheet.

**YOUTH HEALTH NURSE:** **HELEN DREDGE**

## Good Germs – Probiotics

(Adapted from an Online IntelHealth Article)

In a society obsessed with anti-bacterial warfare, through anti-bacterial soaps, cleaners & sprays, why would we recommend eating live bacteria? Because living micro-organisms found in yogurt and other cultured foods may help improve your body's bacterial environment. They're called 'probiotics', a name that means "for life." More and more people are using probiotic products to treat or improve illnesses or to maintain overall well-being.

### What Do Probiotics Do?

Our bodies are home to a mix of good and bad bacteria. Probiotics may help improve immune function, protect against hostile bacteria and improve digestion and absorption of food and nutrients.

Probiotics can also help offset the bacterial imbalance caused by taking antibiotics. Antibiotics kill good bacteria along with the harmful ones, often leading to gas, cramping or diarrhoea.

Probiotics may help breakdown protein and fat in the digestive tract, a valuable benefit to help infants, toddlers or patients who need to build strength throughout and after an illness.

### Benefits of Probiotics

Potential benefits have been seen in the treatment or prevention of :

- Diarrhea
- Irritable bowel syndrome
- Ulcerative colitis
- Crohn's disease
- H. Pylori (bacteria that cause stomach ulcers)
- Vaginal infections
- Urinary tract infections
- Recurrence of bladder cancer
- Eczema in children.

### Where Do You Find Probiotics?

Fermented or cultured dairy products are a major source of probiotics. Other sources include miso, tempeh, soy beverages, buttermilk and fermented milk. The bacteria either occur naturally in these foods or have been added during preparation. Probiotics are also available as dietary supplements in capsule, tablet or powder-form.

**COMMUNITY LIAISON OFFICER:** **DI LODDON**

## Education Tax Refund (Education Expenses Tax Offset)

The Australian Government has announced in the 2008 -2009 Budget that families will be able to claim a 50% Education Tax Refund from 1 July, 2008.

Eligible families will be able to claim a 50% refund every year for eligible education expenses for a senior school student up to \$1,500 (maximum refundable tax offset of \$750 per senior school student per year).

For further information, you should contact your local tax office. Here is another selection of frequently asked questions (and answers):

### 5) What is the schooling requirement?

**A:** A child satisfies the schooling requirement on every day in a six month period beginning on 1 July or 1 January if there is at least one day in that six month period on which the enrolled/registered child attends school.

### 6) What if a child stops full-time school during the year?

**A:** If a child stops full-time study part way through a financial year, parents may still be able to claim the education tax refund for the part of the year that their child met the schooling requirement and where they met the other eligibility requirements.

### 7) If a child started school part way through the year, can parents still claim the education tax refund?

**A:** Yes. The parents can claim for the period their child met the schooling requirement.

### 8) If a child moves from primary to secondary school, what is the maximum amount that can be claimed?

**A:** The maximum secondary school limit of \$750 for \$1500 or expenses can be claimed.

### 9) Do pre-school courses qualify as part of the primary school course of education?

**A:** As this can vary, parents need to contact their state or territory Department of Education to confirm if their child's enrolment in pre-school means they are enrolled in primary school.

### 10) What are eligible education expenses?

**A:** Eligible education expenses include the purchase, lease, hire or hire-purchase costs of:

- Laptop computers, home computers and associated costs – including repair and running costs
- Printers, USB flash drives and disability aids
- Home internet connections, including the costs of establishing and maintaining them
- Computer software for educational use

- Work processing, spreadsheet, database and presentation software, internet filters and antivirus software
- School textbooks and other paper-based school learning materials, e.g. textbooks, study guides and stationary (pencils, pens, glue, etc)
- Prescribed trade tools.

**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 III Sport & Recreation – Gold Coast Leisure Aquatic Centres in Miami, Nerang, Mudgeeraba and Helensvale. Students should possess a genuine interest in aquatic / fitness area. Closes: 12 June, 2009.**



**Certificate III Business Administration – Department of Justice** located in Southport and Cooloongatta. Students must be reliable and have transport to the workplace. (B)

**Indigenous School Based Traineeships at ANZ branches – Student must be in Year 10 this year. (Business Administration)**

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



**CASUAL POSITIONS ~**

East Coast Catering requires casual staff for occasional work on the week ends and school holidays. Contact Catherine on 0418 768 866.

**STUDENT PATHWAYS OFFICE: LYNNE BATESON**

**CERTIFICATE III in COMPANION ANIMAL SERVICES (Veterinary)**

**Year 10 or 11 students interested in a career in veterinary practices (assistant), animal refuges, kennels, catteries, pet shops, grooming salons or local authorities can undertake a Cert III in Companion Animal Services at Pacific Pines SHS on Mondays commencing next term. For full details come and see me in Student Pathways.**

**The University of Queensland's 'Enhanced Studies Program' (ESP)** provides high achieving students with an opportunity to extend their studies and 'test drive' University life.

Students who successfully complete ESP at UQ will be eligible for one bonus point toward their university entry rank through UQ's 'Bonus Rank Scheme'.

For further details, please see me in the Student Pathways Office.

**AICA Education** offer courses in Graphic Design, Photo-imaging, Visual Arts and Community Welfare Work.

**AICA Education are holding an OPEN DAY** on Sunday June 14, from 2pm – 4pm at their head office at 44 Bundall Road, Ashmore. Their Pegasus Centre will also be opened for viewing, to give student the opportunity to view their facilities and to meet their teaching staff.

For further details or to RSVP for a tour, please contact Lara Kitchenham or Mika Ouchi on: 07 5526 2055 or email: [lara.kitchenham@aica.edu.au](mailto:lara.kitchenham@aica.edu.au) or [mika.ouchi@aica.edu.au](mailto:mika.ouchi@aica.edu.au)

**Raymont Lodge Residential College** provides fully furnished accommodation for students undertaking tertiary study in Brisbane, within a supportive Christian environment.

The College is located 4km from the heart of Brisbane and public transport is within easy access to the College.

Raymont Lodge provides modern and comfortable single room accommodation for up to 120 students in a safe and friendly atmosphere. All meals are provided as well as a number of other services, which include: internet access, individual telephones, common room and swimming pool.

Additional information is available at: [www.raymont.com.au](http://www.raymont.com.au) or call 07 3377 9903 and request an information kit.

**Don't forget .....**

**School closes on Friday, 26 June for end of term holidays and re-opens on Tuesday, 14 July (Monday 13 July is a Student Free Day).**

