



Robina

State High School

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18 June, 2009 - Volume 20



Queensland
Government
Education Queensland

Weekly Newsletter

WEEKLY FOCUS:

' INCREASE YOUR PARTICIPATION '

The date for the next **P & C Meeting** is Tuesday, 14 July 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 YEARS 8 & 9: JENNY TOBIN

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.**

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.

YEAR 7 STUDENTS & PARENTS

are invited to the
Robina State High School

2010 YEAR 8 INFORMATION EVENING

TUESDAY 23 JUNE 2009
6.00pm – 7.30pm

in the Performing Arts Centre

Information packs will be provided.
Enrolment packs will be distributed
in Week 1 of September to each
Primary School.

RSVP
Please email: jgalb2@eq.edu.au
or
Telephone: 5562 3440

**STUDENT PATHWAYS DIRECTOR:
JEANETTE MCDONALD**

QCS PRACTICE NEXT WEEK

Year 12 students are reminded that they have to attend QCS sessions on the last Wednesday and Thursday of term-24th and 25th June. Students have received a flyer in PROMOTE Tuesday 16th outlining times and requirements. Students unable to attend need to give me their names and make alternative arrangements for completion in their own time.

GUIDANCE OFFICER: JODIE DEKENS



In Pursuit of Happiness
Happiness - a state of mind or feeling such as contentment, satisfaction, pleasure, or joy.^{Wikipedia}

As human beings we all want to feel happy and not just every now and then. If we had our way we would probably give sadness a miss altogether. In our search for happiness we are often led to believe that if we owned more, bought more, achieved more or won more we would find happiness, but is it found in spending, accumulating or competing with others? Sadly we may give our children the impression that happiness is something you can buy or conquer, or even worse, that someone else has control of our happiness. The reality is, that if we get the 'ingredients' right for happiness, then nothing can stop us from being happy, even in difficult times. It's our choice.

A great religious leader of our times (the Dalai Lama) has a different focus on happiness when he states that true happiness is found in kindness and compassion. He goes on to say that genuine happiness comes when you see some usefulness in your life. These qualities are not things you can hold or see, but they make you feel good, and they certainly leave lasting impressions on other people. In order to provide our children with the skills to pursue happiness here are some suggestions.

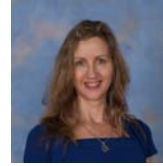
Show by your example, encourage, or teach your child:

- That happiness is a choice, so choose it
- To be happy with themselves - their gifts and talents, as well as limitations
- To work towards self- improvement but not at another's expense
- To be kind to themselves, and to others
- That no matter what they pursue it is important to do their best (whether at home, school, work or in the community)
- To laugh as often as is possible
- To care for others, and to look out for others, and if they see something unjust then do something about it
- To do good deeds for others – it will make them feel good too.
- To be grateful for what they have (envy creates discontent)
- To greet the new day with a smile and be glad to be alive to enjoy it

Happiness is not just about meeting our own needs. We are social beings. The more we connect with others and consider others the easier will be our own pursuit of happiness.

YOUTH HEALTH NURSE:

HELEN DREDGE



Teen Dating & Recognizing Abusive Relationships -

Young people are always learning about themselves and other people and how we all inter-relate with one another. Hopefully and ideally with respect and consideration for others and treating people how we would like to be treated. Relationships can unfortunately for some be more about power and control issues.

Regrettably young people and adults as well, can unwittingly find themselves not feeling good about themselves in the relationship that they are in

Do you think your teen, or a teen you know may be a victim of dating violence? It is more common than many people would like to admit. 40% of teenagers aged 14 to 17 say they know someone their age who has been emotionally abused, manipulated or assaulted by a boyfriend, or for that matter, by a girlfriend.

So, how can you recognize potential dating violence? Make yourself aware of the warning signs. The teen being abused will have some of these signs:

- Falling or failing grades
- Increased instances of indecision, stops giving her own opinion
- Changes in mood or personality
- Use of drugs/alcohol, not just experimentation
- Emotional outburst, not just mood swings
- Depression
- Will become isolated, insist on more privacy
- Physical signs of injury cuts, bruises, etc.
- Makes excuses for the abusers behaviour
- Begins to put herself/himself down.

Although parents may not see many of these, here are the signs concerning the abuser:

- Is extremely jealous, hypersensitive and controlling
- Verbally abusive and threatens violence
- Has unpredictable mood swings, with instances of explosive anger
- Uses drugs and alcohol, not just experimentation
- Isolates their partner from friends and family
- Uses force during an argument, physical and emotional
- Believes women or males are a possession
- Blames others for his/her problems or feelings
- Has a history of abusive relationships.

Keep your eyes and ears open when your teen is dating. Stay involved and most importantly be there when your teen wants to talk. These things will help you see the signs of dating violence, should you need to.

For further information contact Gold Coast Centre against Sexual Violence on 5591 1164 or access www.stopsexualviolence.com

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):

14) Are tools and equipment expenses for a student in a school based apprenticeship eligible education expenses?

A) Yes, except for the amount the student receives or is entitled to receive as a reimbursement or payment of the expense under an Australian Government benefit, grant or subsidy.

Example: Albert's son Joel is completing a carpentry apprenticeship as part of his secondary school curriculum and purchased trade tools during the year worth \$2,000. As Joel is enrolled in an apprenticeship, he is eligible for a Commonwealth grant of \$800 to assist with the purchase of trade tools. As Joel has received a grant worth \$800 towards the purchase of trade tools, Albert can claim an education tax refund for the balance of that expenditure – that is, \$1,200.

15) Can expenses be claimed for photocopying and printing facilities?

A) Yes. As long as there is an itemized receipt for these eligible costs.

16) Can parents claim for the cost of class sets or text book hire by schools?

A) Yes. This is an eligible education expense.

17) Is apportionment for educational and private use required?

A) No apportionment is necessary. If the eligible expense directly relates to the education of the student, the full amount of the expense can be claimed.

INDUSTRY LIAISON OFFICER: **ROBYN ALLEN**

School based Apprenticeships/Traineeships (SATs) - Head start to careers through school-based training.

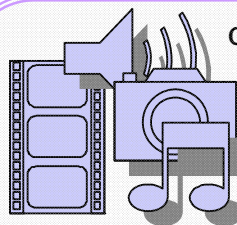
SATs allow students to do paid work for an employer and train towards a recognised qualification while they are still at school. They are a great way for young people to explore their career options and develop skills and confidence in their areas of interest.

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.



Certificate IV Information Technology (Multimedia)

Year 10 and Year 11

The company is an Australian "Web2.0" technology leader located in Varsity. See Mrs Allen ASAP

Certificate IV Information Technology (Multimedia)

is also available at the Queensland Academy of Health Sciences in Southport. You must apply through the school.

Certificate III Hairdressing – salon is located in **Burleigh Heads**. Interested students see Mrs Allen ASAP.



Certificate III – Hospitality

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

Applicants must be able to get transport to and from Southport on their working day and any extra shifts. May include some late nights as in the hospitality industry. (SES)



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)



STUDENT PATHWAYS OFFICE: LYNNE BATESON

Griffith University has a number of **Connect Schemes** closing during Term 3, as follows:

- Griffith Connect Academic Excellence Scholarship Scheme – closes Friday, 28 August
- Griffith Connect Guaranteed Admission Scheme – closes Monday, 31 August (**for Arts admissions, applications and portfolios MST be submitted by Tuesday, 30 June**).

For further details, please email m.wear@griffith.edu.au or call: 07 3735 1001.

COMMUNITY NOTICES:

St Vincent de Paul Society Seeks Volunteers – Training Provided!

The St Vincent de Paul Society is seeking volunteers for the 'Stronger Families Program' in the Beenleigh, Logan and Gold Coast areas. As a volunteer, you will be required to attend a comprehensive training course, fortnightly meetings and visit families weekly to support them on a wide range of issues in the family home. Such issues include, parenting skills, routines, budgets, cooking skills, behaviour management strategies etc. Experience is not necessary.

Information Sessions will be held on Wednesday 8 July, 5:30 - 7:30pm at Nerang and Wednesday 15 July, 5.30 - 7.30pm at Beenleigh. Training commences in August, one day a week, over a 5 week period. For more information call Melissa or Lyn on 3807 6623 (Beenleigh office).



Saturday 18th &
Sunday 19th July 2009
10.00am – 4.00pm

Tertiary Studies Expo

Exhibition Building RNA Showgrounds, Brisbane

You can find:

- Universities & Faculty Representatives from around Australia and Overseas
- Advisors from Professional Associations
- High Education Colleges
- Government Agencies & Employers
- Scholarship & Financial Assistance Info
- TAFE Institutes

And More! Visit website for bursary, laptop & video competitions www.tsxpo.org



Wednesday Wipeout – 24 June

Have you ever ridden a surf board? Come show off your expertise on the mechanical surfboard, outside the uniform shop. How long can you stay on?

You can also buy a piece of pizza, an icecream, fairy-floss, iced-donut and/or a can of drink all in support of the **"Give Me Five"** fundraiser for the **Gold Coast and Tweed hospitals**. Everything will be \$1.50.

Radio station 92.5 GOLD FM will be broadcasting live from our school during the event. There will be a couple of 'hotted' up cars (Drift Cars) for you to drool over and/or have your photo taken with as well.

The business department hopes to see you there! Mark the date in your diary!!