



Robina

State High School

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www.robinashs.eq.edu.au

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Queensland
Government
Education Queensland

Weekly Newsletter

WEEKLY FOCUS:

'Be Part of a Team Effort'

PARENT TEACHER INTERVIEWS And SUBJECT EXPO Will Be Held In Conjunction With Each Other In The SAC on Monday, 27 July. 3.30 -7.00pm

There will be a Year 10 Parent Information Evening, detailing Senior Pathways QCE/OP/Non-OP, plus Applied Health Certificate Info. Taking place on Tuesday 4 August, 6 - 7.15pm in The PAC.

PAYMENT OFFICE: SALLY BULLPITT

PAYMENTS VIA INTERNET BANKING:

Paying for Robina High School excursions and/or fees is now possible using Internet Banking.

The traditional payment methods are still available (Cash/EFTPOS/Credit Cards/Cheques), but some people find Internet Banking much quicker and easier - especially because you can make your payments 24 hours a day, 7 days a week from the comfort of your own home or office.

If this option appeals to you, the details are listed below for your convenience.

INTERNET BANKING DETAILS

Account Name: Robina State High School
General Account Bank: Commonwealth Bank of Australia
Branch: Robina
BSB: 064-468
Account Number: 1001 9041

PAYMENT REFERENCES:

Please ensure each payment sent through has the following details within the Payment Reference so that we can clearly identify your payment.

Excursions:

<<Student ID Excursion Name>>
e.g. 001234 Seaworld

Please ensure only one payment per student per excursion - if you have multiple students/excursions to pay for, please put each one through individually, unless otherwise arranged with the school office. As internet banking payments are not instant, please ensure internet payments are done 48 hours prior to payment cut-off date.

School Fees:

<<Student ID Fees>> e.g. 001234 Fees

<<Family ID Fees>> e.g. SMIT01 Fees

(Family ID can be obtained from school office - to be used when paying for more than one student at a time).

If you have any questions relating to payments, please contact the Payment Office on 07 5562 3449 or email Sally Bullpitt at: sbull43@eq.edu.au

Payment Office hours are 7.45am to 2.00pm, Monday to Thursday.

The date for the next **P & C Meeting** is Tuesday, 11 August 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****KINGFISHER SCHOLARSHIPS - 2010:**

Robina High School 2010 Kingfisher Scholarships Applications are now available. Details of the scholarships and application forms can be obtained from the school's website: www.robinashs.eq.edu.au or from the Parent Centre.

Applications close at 2pm, Friday 25 July, 2009.

STUDENT PATHWAYS DIRECTOR:
JEANETTE MCDONALD**TAFE OPEN DAY**

The annual TAFE Open Day is on at the Ashmore Campus on Friday, August 7. This replaces the postponed one from last term. The aim of the day is to provide students with information on the GCI TAFE's courses and facilities. There will be a wide range of hands on demonstrations including in Nursing, Hospitality and the Industrial trades areas.

Please have a look at the TAFE website as to what's on offer. Many students should be thinking of TAFE as a positive option to steer themselves into their future career. For more information ring Andrew Lee on 55818690 or Andrew.lee@deta.qld.gov.au

QCS PRACTICE ~

Year 12's are reminded that their two day full QCS practice is on Thursday 30 & Friday 31 of July. All students sitting the QCS are to attend this most important piece of preparation.

UNIVERSITY SCHOLARSHIPS

There are a number of scholarships that students can apply for through the university they hope to gain entry to. Please have a look at the relevant university's website and download application forms, although many are completed online. If the school needs to endorse your application, please bring it to Student Pathways and we will take care of it.

SUBJECT SELECTION INFORMATION

This week in PROMOTE on Wednesday Years 8, 9 & 10 received their Junior or Senior Pathways Handbooks for subject selection for next year. *This is to be kept somewhere safe as replacements will not be issued.*

Parents/Guardians should ensure that their students have read all the information, especially in relation to the new Queensland Certificate of Education. Year 10 parents are invited to our Senior Pathways information evening on Tuesday 4 August in the PAC from 6 - 7.15pm. The launch of our new Certificate III in Allied Health will also take place then.

GUIDANCE OFFICER:**NANCY GRAND****In Pursuit of Happiness**

Happiness - a state of mind or feeling such as contentment, satisfaction, pleasure, or [joy](#).

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.

SCHOOL BASED YOUTH HEALTH NURSE:
HELEN DREDGE**Diabetes Week –****Focusing on preventable type 2 (lifestyle related)**

Many people have type 2 diabetes and they don't even know they have it. The symptoms of type 2 diabetes often develop gradually and may be vague and go unnoticed. Too much fat and sugary foods in the diet combined with not enough exercise can make our pancreas go on strike. Unmanaged diabetes is a major health risk. Simply being overweight puts you at risk for developing diabetes especially if most of your weight is around your middle

The most common symptoms of diabetes include:

- Feelings of being tired all the time, No energy, Irritable, Extreme hunger, Excessive thirst
- Frequent urination; especially at night, Blurred vision, Frequent infections, Urinary tract infections, boils and fungal infections, Slow healing of cuts and sores
- Weight gain/ and sometimes unusual weight loss.

People with diabetes are more likely to develop cardiovascular (heart) disease, retinopathy affecting the eye and leading to blindness, kidney disease, damage to nerve pathways affecting sensation, this can lead to wounds and limb amputations, erectile dysfunction and premature death.

If you have a family history of type 2 diabetes your risk of developing type 2 diabetes is higher. In most instances type 2 diabetes can be prevented and even managed by regular exercise and sensible eating habits.

Remember, being overweight is a significant contributor to the development of type 2 Diabetes.

COMMUNITY LIAISON OFFICER: DI LODDON

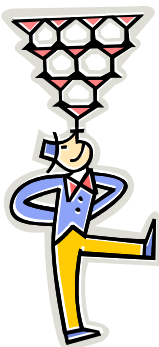
21 Positive Attributes ~

To raise confident kids and resilient, well-balance young people.

Here is the second selection, and there will be more to come over the next few weeks.

Social Smarts:

- 4) MAKING FRIENDS – Children have the skills and attitudes to make friends and work effectively within groups
- 5) HANDLING REJECTION – Children can handle rejection, disappointment and failure realistically. Resilient kids can bounce back from rejection.
- 6) MANAGING EMOTIONS – Children can effectively manage their emotions in healthy ways that minimize the negative effect on others.
- 7) RESOLVING CONFLICT – Children use a range of positive skills, including humour, to manage conflict. They also know at least one way of resolving conflict without using power or avoidance.
- 8) SMART DECISION-MAKING - Children can impact positively on their own wellbeing and the wellbeing of others.



Talent Quest is on Friday, 14 August at the Robina Community Centre.

Adults \$15, children \$10, Family Ticket \$40 (2 Adults & 2 Children). Tickets will be available at the Payment Office and the Parent Centre from July 27.

Students interested in performing should start practicing now - auditions for the Talent Quest will be held on Tuesday, 28 July at lunch time in the PAC.

INDUSTRY LIAISON OFFICER: ROBYN ALLEN

***** Details for all positions listed can be provided by Mrs Allen in 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 II in Animal Care

Greencross Vets are offering School Based Traineeships in Animal Care in 2010 at various locations. Available to students currently in year 10 and 11. Collect an application form from Mrs Allen in Student Pathways. **Closes 31 July 2009.**



Certificate III Business Administration – Year 11

QBuild which is located in Robina have a business administration traineeship available.

Bring your resume to Mrs Allen ASAP.



Business Administration – Year 11

Certificate II or III Business Administration at a Naturopath office in Nerang. (SES)



Certificate III Customer Contact Traineeships

Provide destination recommendations and travel solutions for business and leisure stays at our Peppers, Mantra and BreakFree properties. Bring your resume to Mrs Allen.



Cert III Hairdressing salon is located in Burleigh Heads.

Interested students see Mrs Allen.

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



STUDENT PATHWAYS OFFICE: LYNNE BATESON

The University of Queensland's Enhanced Studies Program (ESP) provides high achieving students with an opportunity to extend their studies in an area of interest and to 'test drive' University life. Students accepted into the program can study one University course (subject) during Semester One of Year 12.

Applications must be returned by Friday, 23 October, 2009. Should you have any questions, please contact the UQ Student Recruitment Team at: esp@uq.edu.au or telephone: 07 3346 9649.

For a brief overview of courses available for the 2010 program, please come and see me in the Student Pathways Office.

The University of Queensland are holding their Open Day at the St Lucia, Ipswich and Gatton campuses during August, on the following dates:

St Lucia – Sunday, 2 August, 9am – 3pm
Ipswich – Wednesday, 19 August, 3.30 – 6.30pm
Gatton – Sunday, 23 August, 9.30am – 3pm

To plan your day, you can go online to create a personalised itinerary at: www.youruq.com

For further information you can contact: 3365 3374 or email: openday@uq.edu.au

For the chance to win a 'Mac Pack' valued at over \$5000 (including an Apple MacBook Pro, an Apple iPhone, Epson Printer, etc.), come and see me in the Student Pathways Office for a flyer.

65 students under many different scholarship schemes. All schemes help the selected children in need of the Australian veteran community with the costs of tertiary education. Applicants are considered for all schemes for which they are eligible. Applications open on 18 August 2009. To apply you must be:

- Within the means test. That is eligible on assets and income grounds for Youth Allowance benefits for full-time education.
 - Enrolled, or planning to enrol in a full-time course of tertiary education in Australia by attendance at a university, TAFE or college. The course must be of one or more academic years length and at undergraduate level.
 - The child or grandchild of a person who has operational service with the Australian Navy, Army or Air Force, or if not has three or more year's continuous full-time service as a member of the Australian Defence Force.
 - Under the age of 25 when applying, unless exceptional circumstances related to veteran's service exist.
- To receive an application form register interest on: **1800 620 361**. Children and grandchildren of Vietnam veterans should do so now, as should any others who believe that they are eligible. If not sure, ask! **Applications close on 31 October each year.**

Aviation Careers Expo – FOR GIRLS!!!

If you are a female wanting a future career in Aviation, visit the 'Women in Aviation' exhibition booth at the Aviation careers Expo 2009 – Saturday 8 August, 10am – 4pm. Venue: Aviation Australia Technical Training Centre, 25 Boronia Road, Brisbane Airport.

For program details, visit:

www.aviationaustralia.aero/expo



Bond University are again running their '**Student for a Semester**' Program.

Ambitious Grade 11 and 12 students can kick-start their university careers by applying for this program. You must be a high achieving student to be considered.

For details about how to apply or to find out which courses are on offer, please come and see me.

Scholarships for Children of Veterans intending Tertiary Studies in 2010

In 2010 the Australian Veterans' Children Assistance Trust (AVCAT) are expecting to give financial assistance for up to

THE NUTS & BOLTS OF PARENTING TEENS

Join Alison and Cait from Reconnect Gold Coast for five free, fun-filled workshops. Attend one or all five!

DATES (Wednesdays): August 19 & 26 and September 2, 9 & 16.

TIME: 6 – 7.30pm

VENUE: Unit 2, 36 Newheath Drive, GAVEN CENTRAL, 4211

All Parents welcome – light refreshments provided.

Topics Include:

What planet are U from?

A Fair Fight

The ABC's of Behaviour

They're Growing UP

Khaos – Get Smart

Phone: 5500 4211 to register or enquire.