



Robina

State High School

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Queensland
Government
Education Queensland

30 July, 2009 - Volume 24

Weekly Newsletter

WEEKLY FOCUS:

'Be Part of a Team Effort'

ATHLETICS CARNIVAL

Our annual carnival is
WEDNESDAY, 5 August.

We encourage all students to
dress in their HOUSE colours
& costumes for a great day of
competition & House activities.

**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 Library.**

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.



**STUDENT PATHWAYS DIRECTOR:
JEANETTE MCDONALD**

YEAR 10 Subject Selection: Where we're at.

All Year 10s should now have the QCE brochure, a Senior Pathways handbook and their QTAC 2012 Pre-requisites book. We encourage students to read through this information and ask lots of questions. This week students also had a chance to fill in a mock Student Education and Training plan- SET Plan, which is a mandated EQ document. The real thing will be issued in Week 6.

GUIDANCE OFFICER: NANCY GRAND

**PARENTING CORNER –
Who's chatting to your kids?**

The internet today contains many sites that are designed to encourage children and teenagers to communicate by messaging each other in real time. Many of these sites contain areas where children can post personal information about themselves including their name, age, location, photographs, and contact details. Please take some time to discuss these on-line safety tips with your children:

- Never give out personal information on the net, like your full name, address, phone number or school.
- Ensure your screen name does not reveal personal information about you.
- Review your online profile. Predators can use this personal information to find you.
- Only allow your friends to view your personal blog and profile.
- Never send your picture to someone you don't know.
- Don't accept invitations to view webcams from unknown internet users.
- Never arrange for face-2-face meetings with people met online.
- Understand predators ask personal questions and attempt to become friends quickly.
- Time chatting online to a person does not equal trust or knowing the person.

Teach children the 5 R's :

REALISE – people you chat with may not be who they say they are.

REFUSE – requests for personal information and ensure your internet profile is private.

REVIEW – your contacts. Its not "kewl" to have contacts you don't know.

RESPOND – quickly if you ever feel uncomfortable while on-line. Close the program, tell your parents or a trusted friend.

REPORT – any suspicious or danger on-line contact to the police.

**SCHOOL BASED YOUTH HEALTH NURSE:
HELEN DREDGE**

Caffeine, Stress and Your Health: Is Caffeine Your Friend or adding to your problems? Is it contributing to sleep problems?

Caffeine is a drug, popularly consumed in coffee, tea, soft drinks and, in smaller doses, chocolate. While we seem to have a love affair with these products, there's been quite a bit of confusion and even controversy surrounding caffeine lately. Is

it good or bad for us? Here's a brief tutorial on caffeine, and some surprising answers to these questions.

The Verdict on Caffeine

With potential negative and positive health consequences, caffeine can be your friend, but in controlled doses. Here's what you should remember about caffeine:

Don't Take Too Much Because of the health risks associated with higher levels of caffeine, and the risk of physical dependence that can come with four cups of coffee or more each day, it's wise to limit your caffeine intake. (Withdrawal symptoms can include cravings, headache, fatigue and muscle pain.) Try not having your coffee for the day and see if any of these symptoms occur to see if you have an addiction?

Small to moderate amounts of caffeine can however lift your mood and give you a boost

No Caffeine After 2pm Because sleep is important to proper physical functioning, and caffeine can stay in your system for 8 hours or longer, you should have your caffeine intake during the first part of the day, to ensure that your sleep isn't disrupted

Effects on the Body:

Hormones - You can feel the effects of caffeine in your system within a few minutes of consuming it, and it stays on your system for many hours - it has a half-life of four to six hours in your body. While in your body, caffeine affects the following hormones:

Adenosine- Can inhibit absorption of adenosine, which calms the body, which can make you feel alert in the short run, but can cause sleep problems later. (remember it stays in your system for many hours)

Adrenaline- Caffeine boosts adrenaline into your system, giving you a temporary lift, but possibly making you fatigued and depressed later. If you take more caffeine to counteract these effects, you can end up spending the day in an agitated state and needing more just to feel normal. On account of this you might find yourself jumpy and edgy by night and not be able to unwind.

Cortisol- Can increase the body's levels of cortisol, the "stress hormone", which can lead to other health consequences ranging from weight gain and moodiness to heart disease and diabetes.

Dopamine- Caffeine increases dopamine levels in your system, which can make you feel good after taking it, but after it wears off you can feel 'low'. It can also lead to a physical dependence because of dopamine manipulation. These changes caffeine makes in your physiology can have both positive and negative consequences:

Sleep Caffeine can affect your sleep by keeping you awake longer, thereby shortening the amount of sleep you get, and giving you less time in the restorative stages of sleep, which takes a toll on your level of alertness the next day and overall health. Caffeine and alcohol can also irritate the lining of the bladder which can increase the sense of urgency for going to the toilet also possibly waking you up at night.

Weight Many experts believe that increased levels of cortisol lead to stronger cravings for fat and carbohydrates, and cause the body to store fat in the abdomen. (Abdominal fat carries with it greater health risks than other types of fat.) Also, if increased cortisol levels (stress hormones) lead to stronger cravings for caffeine-laden foods, the body goes into a cycle that leads only to worse health.

Caffeine has been found to enhance physical performance and endurance if it isn't overused. This, combined with its effect of fat burning during exercise, can actually enhance workouts and enable you to get in better shape if you take it at the right time.

Caffeine and Stress

Because caffeine and stress can both elevate cortisol levels, high amounts of caffeine (or stress) can lead to the negative health effects associated with prolonged elevated levels of cortisol. If you consume high levels of caffeine, you may feel your mood soar and plummet, leaving you craving more caffeine to make it soar again, causing you to lose sleep, suffer health consequences and, of course, feel more stress. A good diet, including **1.5 - 2 litres of water a day not containing caffeine** and some form of daily exercise, are crucial in helping our body's deal with stress. Being able to connect and communicate well with people, have a sense of belonging and of course precious time out are all prerequisites for self care

COMMUNITY LIAISON OFFICER: DI LODDON

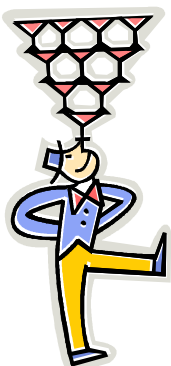
21 Positive Attributes ~

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

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

Self-esteem and Learning:

- 9) **Optimism** – Children have a positive view of the future and feel confident in their ability to deal with challenges. They understand the skills of optimism and positive thinking.
- 10) **Health and Fitness** – Physical well-being impacts on children's ability to achieve and on personal confidence. Their lifestyle contributes positively to their physical well-being.
- 11) **Motivation** – children are personally motivated to achieve and improve. Adults understand the importance of positive expectations, recognition and other external motivators.
- 12) **Organisation** – children can organize time, space and possessions to maximize effectiveness at school and at home.



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.

School based Certificate II Retail at News Express, Harbour Town (B)



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

Students wishing to apply for a **Tax File Number** are able to do so through the school. Interested students should come and see me for an application form.

Completed forms are sent off in a batch once a month and students then receive their TFN at their home address after approx. 5 weeks.

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@uqedu.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.



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.

COMMUNITY NOTICES:

Robina State Primary Schools Performing Arts Centre will soon be complete. Past students and their families are invited to 'donate' a paver (brick), with your details written on it. Each paver costs \$40 and the order deadline is closing soon. If you would like your past student to be remembered at Robina State School in this way, go to the www.robinastateschool.eq.edu.au website for the details.

Mrs Tobin also has a supply of the order forms here at school, and you may collect one from the front counter. Please be quick if you want to be involved in this exciting and original idea!!!

**Examples of artwork you could have!***** * * RSA Course * * ***

SITHFAB009A (RSA) Authorised Provider under the Office for Liquor, Gaming and Racing, Queensland.

- \$95 per person.
- TAE applicants welcome.
- All materials provided.

Location – Learning and Development Centre
Sea World, Sea World Drive Main Beach.

Mon 3 August 5 - 9pm, Wed 5 August 1 - 5pm,

Mon 24 August 5 - 9pm, Wed 26 August 1 - 5pm

To reserve your place, contact Natasha on 5588 2359 or email: natasha.chamberlin@wvtp.com.au

Sea World Resort Hotel Pty Ltd Registered Training Organisation.

UNIFORM SHOP:**ANGELA CORIC****ATHLETICS DAY SALE**

All house logo coloured T-shirts are on sale in the Uniform Shop price at just **\$5.00 each!!!**

What a great way to support your House at the upcoming Athletics Carnival!
Rush in and buy one before they all go!

