



# Robina

## State High School

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

6 August, 2009 - Volume 25



**Queensland**  
**Government**  
Education Queensland

## Weekly Newsletter

### WEEKLY FOCUS:

*'Wear Your Uniform With Pride'*

Please don't forget .....

The school will be closed for the EKKA  
on Wednesday, 12 August.

School resumes as normal on  
Thursday, 13 August.  
Have a great day!!!

**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](mailto: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.

### 2009 Kingfisher Yearbook Pre-Orders

*Our Yearbook is always a great memory of the school year. Pre-order your 2009 copy by paying \$18 to the Parent Centre. Pre-ordering means you will definitely receive Kingfisher when it arrives in the school in November. Don't risk missing out!!*

### League For Life Raffle Winners

Congratulations to Pat O'Brien - the winner of the signed and framed Titans jersey, and to runner up, Marilyn Inglis, who won the hamper.

Thanks to everyone who supported this fundraiser for our 'League for Life' program.



**STUDENT PATHWAYS DIRECTOR:  
JEANETTE MCDONALD**

**Year 12 Students interested in Direct Entry to TAFE for 2010 should come to the Student Pathways Office for details of the application process and available courses. Some of these courses articulate into the second year of University.**

**If you are looking to join the Police Services, you should undertake the Diploma of Justice Administration.**

### Griffith Connect Guaranteed Admission Scheme

The Griffith Connect Guaranteed Admission Scheme recognizes the effort of many students to attain and maintain grades through Year 11 and Semester 1 of Year 12, and rewards these efforts with an early offer into a range of selected programs.

A full list of programs is available at the Griffith connect website: [www.griffith.edu.au/griffith-connect](http://www.griffith.edu.au/griffith-connect)

**Students must complete and return the Guaranteed Admission Scheme Application form (available from Student Pathways Office or their website), by 24 August and forms MUST be endorsed by me.**

Students will be advised of the outcome of their application by 30 September and must submit a QTAC application to accept the offer.

Offers will be forced through QTAC and successful students will receive confirmation of their guaranteed offer in the QTAC December round.

### Year 12 References:

**Students requiring a reference should come to the Student Services Counter at the Admin Block for an application form.**

**GUIDANCE OFFICER: NANCY GRAND**

### Talking to your child about drugs - Tips for parents

When it comes to talking about drugs, young people will appreciate your advice and look to you for your views, but they will expect you to be informed, up front and honest. If you show you are listening to them, they are more likely to listen to you.

Here are 10 ways to encourage young people to talk about drugs with you:

1. Be part of their lives. Make sure that you make time for your children. Take an interest in their interests and establish a routine for doing things together. Don't be afraid to ask where your teenagers are going and who they will be with. Spending time together as a family is important. For example, try to talk and eat together every day and find other opportunities to enjoy time together as a family.
2. Listen to them. By showing a willingness to listen will help your children to feel more comfortable about listening to you. Ask for their input about family decisions to demonstrate that you value their opinions. Try not to interrupt or react in a way that will stop further discussion. Encourage them to feel comfortable about telling you their problems.
3. Be a role model. When it comes to drugs, there is no such thing as "Do as I say, not as I do". If you take illicit drugs, you can't expect your child to take your advice. Don't underestimate the influence your behaviour can have on your children, particularly any use of tobacco or misuse of alcohol and medications.
4. Be honest. It is important to be informed but don't pretend to know everything. Be prepared to say "I don't know but I will try and find out". Be honest and clear about where you stand so that your children will find it easier to be honest with you.
5. Pick your moment. Choose the right time to discuss the topic by looking for natural opportunities as they arise. This might be watching TV, when talking about someone at school or in response to something that was similarly difficult to talk about.
6. Be calm. Being calm and rational is also important.
7. Keep the lines of communication open and without ridiculing or lecturing. Remember that getting angry will just close the door on further discussion.
8. Avoid conflict. It is difficult to solve a problem when there is conflict. Try to see their point of view and encourage them to understand yours. If a confrontation develops, stop the conversation and return to it as soon as both of you are calmer.
9. Keep on talking. Once you've had a discussion, it's important to have another. Ensure that you are always willing to speak to your children about drugs - and start early.
10. Set clear boundaries. Most young people expect and appreciate some ground rules. Allowing them to take part in setting the rules encourages them to take more responsibility for sticking to them. Once you have rules, enforce them and ensure young people know of the consequences of breaking them. Find and agree to ways young people can act should they find themselves in a

situation that exposes them to drugs. For example, let them know that you will always collect them if they need you to, even if it is late at night. However, make it absolutely clear that you would rather they didn't put themselves in a situation where they are likely to be exposed to illicit drugs.

Focus on the positive. Reward your children's good behaviour and emphasise those things they do well. Encourage them to feel good about themselves and let them know that they deserve respect.

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

#### **Domestic Violence and its Effects On Children -**

Domestic violence is a massive social issue with approximately 1 in 4 women being affected at some time in their life. It is a very important public health issue as health implications not only affect the victim and their partner but their children and how these children grow up.

It is important to remember that children who witness abuse often display the same emotional responses as children who have been physically and emotionally abused.

**Children learn that those who love you, (or emotionally abuse you) hit you, and that those you love are the ones you can hit or emotionally abuse. A scary thought for anyone!** Seeing and experiencing violence appears to establish "moral righteousness" of hitting, abusing or manipulating those you love. This even applies for how children treat their mother if they have seen her abused by her partner.

Young people who are in families where there is domestic violence are generally isolated. This impacts on the young persons ability to confide in adults, embarrassment to bring friends home, frequent changes of homes and schools, limited social networks, poor social skills and coercion into keeping the family secret.

Young people are often fearful of being harmed, or fear what might happen to their mother/ father. Often they fear being abandoned and worry about their future. There is often ambivalence as in they love their dad but hate the violence or love mum but blame her for not leaving. As a result, young people will feel helpless and unable to change the situation to protect their mother. Guilty; as they may believe the violence is their fault or that their mother has betrayed them by not doing anything, or if there is police involvement and they have phoned the police they may feel guilty as a result of this.

Grief is also there with loss of friends, possessions, and supports from constant moving or having their possessions smashed or even having a wonderful childhood that they are not able to experience.

Young people may exhibit some of these symptoms such as general aggressiveness, low self esteem, depression, patterns of over compliance and fearfulness, fear and distrust of close relationships, psychosomatic medical complaints, (headaches, stomach aches, tiredness and changes in appetite) problems relating to authority, fatigue at school and acting out, nightmares and substance abuse.

Consequently homelessness, drug addictions, teen pregnancy, juvenile crime, violence and bullying, self harm and suicidal ideations can occur. These young people are

more likely to repeat the patterns they have seen their parents use in their own relationships

In internalising what they see at home young people can become aggressive towards others and their property. The learned attitudes can result in violence is 'OK' and is an appropriate way to solve problems, achieve their goals, and is an acceptable outlet for stress and anger. They learn that violence is ok when other things don't work.

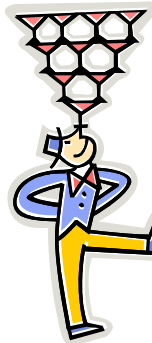
Experiencing and witnessing violence and emotional abuse for teenagers can result in distorted notions of 'romantic love' and they can confuse jealousy with love.

In families where there has been domestic violence and the father has now left, there is a need to consider how the young boys of the family are treated. Telling them that they are now the man of the house can invoke fear and sleepless nights. Caution is required by not inadvertently placing too much pressure on young shoulders.

The best way to protect children is to protect and support their mothers. Instead of victim blame give victim support. As an adult we know that violence is never an excuse. We may know why we are angry or stressed and how it got to this stage, but we have the power to address the situation rather than just blame someone else for it.

For further assistance please call Domestic Violence counselling Gold Coast on 5532 9000 or 24 hour crisis line: 1800 811 811.

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



**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.**

### **21 Positive Attributes ~**

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

Here is the fourth selection, and the final selection will be in the Newsletter next week.

#### **Positive External Attributes ~**

##### **Strong Family -**

- 13) Role models: Parents and others model responsible, caring and pro-social behaviours
- 14) Contribution: Children are able to contribute positively to their family by helping and being involved in family decision-making
- 15) Discipline: Family has clear boundaries and consequences for misbehaviour. Consistency, routines and a sense of fairness underpin family discipline
- 16) Communications: Members of family are able to communicate openly with each other. There are

rituals, traditions and processes in place that support communication

- 17) Rituals and traditions: A strong sense of family identity is fostered through rituals, traditions and celebrations.

**INDUSTRY LIAISON OFFICER: ROBYN ALLEN**

**School based Apprenticeships/Traineeships (SATs)**

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

**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, 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**

**Reminder .....**

**Applications for Defence Technical Scholarships MUST be received in the Student Pathways Office this coming Monday – 10 August, 2009. Late submissions will NOT be accepted.**

**~ SCHOOLS PROGRAM 2010 at TAFE ~**

**Students in Years 9, 10 and 11 who are interested in attending TAFE one day per week next year through the '2010 Schools Program' should come and see me in the Student Pathways Office immediately, for an enrolment pack.**

There are 14 courses to select from – ranging from Childcare and Fitness to Hairdressing and Automotive. Many of these fill up on the initial day of enrolment (Thursday, 1 October), so students need to get in quickly!

**Griffith University -**

The Griffith School of Engineering is offering students an alternate pathway into Engineering by sitting the Aptitude for Engineering Assessment (AEA) test on Saturday, 26 September on either the Gold Coast or Nathan Campus. The exam is designed for students who do not possess the right prerequisites or wish to have information about their aptitude for Engineering considered alongside their state school certificate results.

For further information on Griffith University's Engineering degrees, please contact them by phone on: (07) 3735 7492, via email at: [k.robinson@griffith.edu.au](mailto:k.robinson@griffith.edu.au) or at their website: <http://www.griffith.edu.au/engineering-information-technology/griffith-school-engineering>



Applications are now open for the 2010 STAR Entry Scheme and Rising Stars Scholarships. The STAR Entry Scheme is open to students who are currently completing Year 12 within this region. By completing this application, students may receive an offer based on the information provided in this application and be considered for a Rising Stars Vice-Chancellor or Donor funded Scholarship.

Important information – In 2010, offers for the STAR Entry Scheme will be made through UAC or QTAC, therefore students are required to lodge a preference for their chosen course through UAC or QTAC (as well as submitting the STAR Entry Scheme application) in order to be eligible to receive an offer under the STAR Entry Scheme.

The application form is available online at: <http://tinyurl.com/starentry2010> – applications for both the STAR Entry Scheme and Rising Star Scholarships should be submitted to the Careers Advisor/Guidance Officer by Friday, 4 September. Should you be unable to submit the applications by this date or have any questions regarding the scheme, contact Admissions on: 1800 626 481.

**Design Scholarship at Designworks college of Design ~**

**Are you an Australian Citizen currently in Year 11 or Year 12? Are you the creative type? Designworks College of Design have design 2 scholarships available – submissions close on 23 September and the winners will be announced on the 28 September.**

**Interested? Visit [www.thedesignworks.com.au](http://www.thedesignworks.com.au) for further details.**