



Robina

State High School

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

www.robinashs.eq.edu.au

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Queensland
Government
Education Queensland

Weekly Newsletter

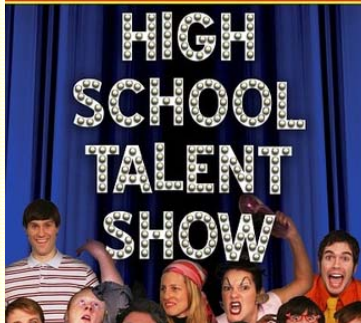
WEEKLY FOCUS:

'Focus on the Positives'

PAYMENT OFFICE: SALLY BULLPITT

Talent Quest

Friday, 14 August at the
Robina Community Centre.



Adults \$10, children \$5, Family Ticket \$30 (2 Adults & 2 Children). Tickets will be available at the Payment Office and the Parent Centre from July 27.

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.

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!!

See Student Pathways for full details.

All applications must be endorsed by the school.
DO NOT go directly to TAFE
 until you have our endorsement package.

GUIDANCE OFFICER: NANCY GRAND

TEXTING MAKING KIDS SICK

To many parents, text messaging is an enigma - a practice their children engage in when they could just make a phone call or walk down the street to their friends' houses. It seems to be a strange but harmless means of communication but what most don't know is that too much texting can be detrimental to their teens' health. This is because new technologies, such as mobile phones and social-networking sites, give teenagers easy access to their friends 24 hours a day.

"The more technology we develop, the more we rely on technology," said Dr Myrza Perez, a paediatric pulmonologist at Capital Allergy and Respiratory Disease Centres in Roseville and Folsom, California. "Before technology, we went to sleep when the sun went down. Now, with all these distractions, teenagers alone in their rooms stay up to extremely late hours on their phones and computers. Their parents have no idea," she said.

The trend of sleep deprivation is leading to many daytime problems for teenagers, including headaches, impaired concentration, weakened immune systems, crankiness, increased use of nicotine or caffeine and hyperactive behaviour often misconstrued as attention deficit hyperactivity disorder. These symptoms are often interpreted by doctors as problems requiring medication, when in fact the best cure might be to turn off their mobile phones at night.

According to the National Sleep Foundation, school-age children and adolescents need at least nine hours of sleep a night. But in a national survey conducted in 2006, only 20 per cent of American teens said they got nine hours a night. Nearly half sleep less than eight hours on school nights, and 28 per cent of high-school students reported falling asleep in school at least once a week. Experts estimate the problem has only worsened. Video games and computers also contribute to teenagers' inclination to stay up all night.

Part of the problem, experts say, is that individuals are not sleep-conscious and are never taught how to maintain healthy sleep habits like going to sleep and waking up at a consistent time every day, not eating or exercising right before bed and turning off noise and light-emitting devices, including televisions, computers and mobile phones.

Story from Scripps-Howard, as published in the Gold Coast Bulletin, August 2009.

INTERNATIONAL DEPT: SELLINA McCLUSKEY

YEAR 8 INTERNATIONAL SPORTS DAY EXCURSION

This term Japanese and German students will study a unit of work entitled "Anyone for Sport?". In this unit students will learn about the many benefits of being involved in sport and physical leisure activities. Students will also learn about what sports are popular in various countries around the world.

On August 20 all Year 8 students will be able to enjoy a special "at school excursion". Students will not attend any

The date for the next **P & C Meeting** is Tuesday, 8 September 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 12 REFERENCES

Year 12 students wishing to have an official school reference must complete an application form with all claims to positions and activities counter signed by relevant staff. The return date to the front office is September 3rd. Late applications won't be processed. References are handed out at the Graduation night with other certificates.

2010 TAFE DIRECT ENTRY - ensure your place!

Year 12 students with low OP predictions (17-25) or Non-OP students wishing to complete further study should consider putting in a TAFE Direct Entry application. It's quite simple and ensures you a place in 2010 at TAFE in one of the listed diploma courses. Most TAFE diploma courses articulate into university degrees so it's another way to get a qualification, get out into the workforce AND leave option open for uni study. See Student Pathways. Applications **MUST** be returned through the school.

2010 TAFE SCHOOLS PROGRAM - Years 9, 10 & 11.

This program allows students to study a Certificate course one day a week for the duration of the course- 1-2 years whilst at school. These are subsidized by the government so the cost is very minimal: An excellent way to gain QCE points, get an industry recognized qualification and get ready for post school options.

normal classes. Instead, students will participate in the following activities :

- A Capoeira Workshop, where students will participate in Brazilian Martial Arts
- A Judo Workshop, where students will participate in Japanese Judo
- A Bocce Workshop, where students will learn to play Italian Bowls
- A Sumo Competition , where students will dress up in giant sumo suits and practice
- Wrestling skills under teacher supervision.

The cost for these activities is \$6, however students also have the option to order a Japanese or a German Lunch for \$9 - bringing the total cost to \$15.00. Lunch orders include morning tea.

Students should have received notes by now so please ask them to show you relevant paperwork. Payment is required by Tuesday, 18 August.

Thank you in advance of your support.

SCHOOL BASED YOUTH HEALTH NURSE: HELEN DREDGE

How do you clean your teeth?

- Clean every surface of every tooth at least two times per day (in a massaging circular motion, not up and down, correct technique is important otherwise you risk wearing the tooth enamel away and this can lead to gum recession)
- Use a **soft bristled toothbrush** and make sure you use a **fluoride toothpaste**.
- Use dental floss daily to clean the surfaces that cannot be cleaned by a toothbrush
- Maintain a healthy diet and reduce snacking in between meals, (this helps reduce plaque).
- Don't suck on lollies or mints too often. Sugar free gum is best as it promotes saliva. The saliva provides a protective barrier that helps neutralize acids. (if you choose gum dispose of it properly)
- Avoid sweet drinks where possible and drink plenty of water
- Have regular check-ups at the dentist. Six monthly to yearly as advised by your dentist.
- Make your teeth last your lifetime. For further information access the Australian Dental Association www.ada.org.au
- Even better see your dentist for that check up!

COMMUNITY LIAISON OFFICER: DI LODDON

PARENTS AS CAREER & TRANSITION SUPPORTERS (PACTS)

SCISCO Career Pathways in partnership with your school is making available a program specifically developed for parents of secondary school students. PACTS (Parents as Career & Transition Supporters) provides parents with information on career alternatives for their teenager, detailed information on vocational employment options, general career advice, where to go to get help and career preparation.

The program works with small groups of parents in a relaxed, informal and interactive workshop setting and is led by qualified career specialists. Parents are provided with a workbook that includes practical resources, and a range of handouts allowing for further investigation and research.

Workshop Topics include:

- What parents can do to help with career preparation
- Knowing facts about career options today
- TAFE, University, Apprenticeships and Traineeships
- Tackling the employment market
- Preparing for employment
- Where to go to learn more on career options

Workshop details

Dates: Tuesday 27 October 2009 & Thursday 29 October 2009

Time: 9:30am – 2:30pm (*Please attend the two sessions*)

Venue: Career Information Centre, Pacific Square Shopping Centre, 2532 Gold Coast Highway, Mermaid Beach

Cost: Free of Charge

** Maximum number of participants: 15 * Lunch provided **

For more information / to register please contact: Jess Barker at SCISCO Career Pathways, Ph: 5538 6600 or Email: jess@scisco.org.au

21 Positive Attributes ~

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

Here is the final selection for your interest.

Positive External Attributes ~

Community -

18) Child-friendly neighbourhood: Children live in safe and supportive neighbourhoods with other adults who care for and look out for them

19) Positive peers: Children have access to at least one positive peer group to interact with.

Activities –

20) Free Play: Children have opportunities for plenty of play on their own, with siblings and other children

21) Out of school activities: Children are involved in at least one sporting, cultural or artistic activity outside school or home.



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 Hospitality Traineeships

Are you interested in being paid to work in a International Hotel environment that gives you a Nationally Recognised Qualification, onsite training and the potential to establish a career with Watermark Hotel & Spa.

Certificate III Hospitality

These comprehensive traineeships will provide you with paid employment and on the job training in the following areas on a rotational basis.

- | | |
|---------------------|---------------------|
| Restaurant | Banquets |
| Room Service | Housekeeping |
| Reception | Concierge |

Collect an Application form from Mrs Allen. Closes next Monday 17 August.



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.

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

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



STUDENT PATHWAYS OFFICE: LYNNE BATESON

SCHOOLS PROGRAMS 2010

The 'Schools Program' gives students currently in Year 9, 10 and 11 the opportunity to attend TAFE one day each week next year, during the school term to gain credit points towards their Queensland Certificate of Education. Listed below are the courses on offer:

Enrolment Packs are available at Student Pathways.

GOLD COAST INSTITUTE OF TAFE

Certificate II Hairdressing 30 week program

1 Year Programs

- Certificate III Business
- Certificate III IT - Support
- Certificate III Hospitality
- Certificate I Engineering
- Certificate II Automotive Mechanical
- Certificate I Boating Services
- Certificate III Live Production, Theatre & Events

2 Year Programs

- Certificate III Fitness
- Certificate III in Health Services Assistance
- Certificate II Children' Services
- Certificate III Tourism

- Certificate III in Events
- Certificate III in Media

METROPOLITAN SOUTH INSTITUTE OF TAFE – Current Year 10 & 11

Please note: Campuses are located in Brisbane Suburbs

Loganlea Campus

- Certificate III Business
- Certificate III Children's Services
- Certificate III Events
- Certificate II Hairdressing
- Certificate III Health Services Assistant
- Certificate III Information Technology
- Justice Administration – Pathway to Diploma (units from Cert IV Justice Administration undertaken in Year 11 and Year 12)

Mt Gravatt Campus

- Certificate II Applied Fashion Design & Technology
- Certificate III Design Fundamentals – Costume & Makeup
- Certificate III Design Fundamentals – Graphic Design
- Certificate III Design Fundamentals – Photography
- Certificate III Media
- Certificate III Music

Alexandra Hills Campus

- Certificate II Conservation and Land Management/Certificate II Animal Studies
- Certificate II Hairdressing
- Certificate II Horticulture - Landscape

Criminology Careers Evening

Learn about the extensive range of criminology and criminal justice career options a qualification from Griffith can give you. Hear from recent graduates and talk with a range of prospective employers.

5.30pm on Thursday, 24 September at the Andy Nimo Auditorium (M23), Mt Gravatt Campus, Griffith University. For further information, please contact the School of Criminology and Criminal Justice on (07) 3735 5955 or visit: www.griffith.edu.au/criminology

The Tax File Number (TFN) is an essential part of interacting with the tax system. At this age it isn't compulsory to have a TFN, but it is to students' advantage to have one. Without a TFN you may:

- Have tax taken out of your wages at the highest rate
- Not be able to get some Centrelink payments and
- Not be able to defer your university fees

Come and see me for an application form.

COMMUNITY NOTICES:



3rd Sunday of every month at Robina State High School Rotary Club of Robina

Car Boot Sale

Sunday, 16 August \$10 per car

Car Park locked until 5am To book please call: 0408 483144