



Robina

State High School

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20 August, 2009 - Volume 27



Queensland
Government
Education Queensland

Weekly Newsletter

WEEKLY FOCUS:

'Focus on the Positives'

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.

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!!

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**

A reminder

- Griffith Uni Guaranteed Admission Scheme forms due
- Scholarship applications need to come through Student Pathways for endorsement 4 days before closing date
- TAFE Direct Entry should be coming in no later than 14 September
- Reference applications need to be back to the office in 3 September
- QCS is Tuesday 1 and Wednesday 2 September
- All NON-QCS students need to have their plans back to Mr Hoskins ASAP
- Students undertaking Certificate courses at school should be finishing up competencies for their qualification
- QTAC applications should be completed on line by September 30
- All students should be aware of what they need to achieve to ensure they are awarded the QCE - 20 credit points and a pass in English and Maths subject

YEAR 8, 9 & 10 SUBJECT SELECTION FORMS

Year 8, 9 & 10 received their 2010 Subject Selection forms in Wednesday's PROMOTE lesson. PROMOTE teachers will issue forms to student who were absent. These are also on our website along with each year's subject selection handbook.

Year 10 parents might like to view QCE, OP, Selection Rank and QCS information on the QSA website to clarify any finer points. Also remember students have been issued with Job Guides, QTAC Tertiary Prerequisites handbook and the QCE brochure.

**Year 8 & 9 subject selection forms are due back
Thursday, 27 August**

**Year 10 Subject selection forms are due back
Friday, 4 September**

SOUTHERN CROSS UNIVERSITY ~

Did you know that SCU has a new campus at Tweed Heads? SCU offers our students an extra 3 OP points and 5 selection rank points.

The courses being offered at our 2 locations for 2010 are as follows: (please note that this is expected to grow significantly with the completion of the second building- a 10 storey building with specialist facilities, due for completion in 2012).

- **Beachside** (Coolangatta Road, Bilinga, only 400 m from North Kirra beach for Semester 1 2010)
Business
Tourism
Convention and Event Management

International Tourism Management
Legal and Justice Studies
Law

Lakeside (Caloola Drive, Tweed Heads)
Occupational Therapy
Nursing
Midwifery
Education (Early Childhood)

Riverside (Brett Street, Tweed Heads)
B Social Science
Diploma of Sport Management (Surfing Studies)
Preparing for Success Program

Lucinda Hutchinson from SCU will be visiting the school next Thursday (27 August). Lucinda will be giving a presentation in the Library at 1.05pm for any senior students who are interested in attending.

SCHOOL BASED YOUTH HEALTH NURSE: HELEN DREDGE

Urinary Incontinence -

Urinary incontinence is a term used to describe losing control of your bladder and wetting yourself! This includes being damp or soaked. Incontinence is not only concerned with poor control- urgency and frequency are also incontinence problems.

Bladder problems can usually be cured or greatly improved if treated. 1 in 20 Australians suffer regularly from urinary incontinence, (& 1 in 3 women who have had a baby)it affects all age groups from the young to the elderly. It impacts on people socially, emotionally, physically, mentally and economically. Women are more likely to be affected than men.

There are several different types of urinary incontinence, some of these are stress incontinence, that is leaking small amounts of urine when you cough, sneeze, laugh, strain, lift or play sport. This occurs mainly in women, especially those who have had a natural childbirth, and sometimes men as a result of prostate surgery. Urge incontinence is a sudden strong need to urinate. This may be due to health problems, or simply the result of a long history of poor bladder habits.

The floor of the pelvis is made up of layers of muscle and other tissues. These layers stretch like a hammock from the tailbone at the back to the pubic bone at the front. Pelvic muscles support the bladder and bowel in men and additionally in women the uterus and vagina. Pelvic floor muscles additionally help with sexual function

If you're not sure where these muscles are **just once** go to the toilet and pass urine and use your pelvic muscles to stop the flow. Now that you know how to use them you need to squeeze them up and lift them up, try to hold onto them for 8 seconds and later when you have built up to it do three sets of 8 -12 squeezes. Don't hold your breath. Remember you can do this anytime. No one will know.

Squeeze your pelvic floor muscles up when you laugh, sneeze, cough or lift heavy objects. Strong pelvic floor muscles provide a protective effect against lower back pain when the lower abdomen is tightened and lifted at the same time when exercising as in bending and lifting objects. It

provides additional bracing around the spine. Using these muscles together helps to build good core strength and provide protection for the lower back in conjunction with flexibility and sensible lifting and keeping fit. Make sure you are exhaling correctly if doing sit ups as incorrect breathing can add to the problem by pushing the pelvic floor away instead of lifting up. Abdominal bracing needs to include tightening the pelvic muscles first!

COMMUNITY LIAISON OFFICER: DI LODDON

COMMUNICATION –

The best communication in families tends to happen when no one is working at it. However, opportunities to talk shouldn't be left to chance.

Here are some ideas to promote some communication between you and your teenagers:

- 1) Make all meals television-free and insist that all family members eat together
- 2) Have an electronic screen-free day once a week (except computers used for schoolwork). You will be surprised what a difference it makes
- 3) Take your teenager out alone and spend some special time together
- 4) Ask their opinion about a range of topical and news issues
- 5) Look for communication starters. Television, music and shared interest can provide entry into your teenager's world.

Challenge... Adventure.... Training.... Inspiration...

Sail onboard the Young Endeavour 2010. If you want to apply for this great adventure please come and see me, or visit : www.youngendeavour.gov.au

Applications close on August 31.

Year 10 P & C Scholarships
Nominations for the P & C Scholarships close on Wednesday, 16 September.

Criteria -

This is a joint initiative of the P & C Association and the school, in awarding academic scholarships to:

- Students suffering financial hardship**
- Students who have potential to go to Year 12 but will drop out because of family situation**
- Students who are involved in extra curricular activities, but do not get recognition.**

Please contact Mrs Loddon on 55 623 404. to nominate someone for this scholarship.

Watch this space for more details on the upcoming 'Cyberspace Bullying Parent Seminar', taking place on 6th October 2009.

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 Retail

Certificate II Retail Traineeships are available at News Express in the Robina Town Centre and Harbour Town. Please see Mrs Allen for the application process. (M)

Certificate III Hospitality



Celtic Organics in Southport have a position available in hospitality. Send your resume to celticorganic@gmail.com

A Administration at Retail Food



Certificate in Business

Business Administration traineeship available at Retail Food Group in Southport. The position will be either a Cert II or Cert III depending on the applicant. Application Forms available at Student Pathways.

Automotive (Vehicle Body Presentation

Southport/Ashmore area (OnQ)



~ Thank You ~

Robina State High School gratefully acknowledges the following employers, who support our Structured Workplace Learning, Work Experience and School Based Traineeship/Apprenticeship programs.

Some of our participating host employers are:

- | | |
|--------------------------------|---------------------------|
| Smarter Kids Robina | Whispering Gully |
| ABC Tallai | ABC Robina |
| Amice Childcare | Fuji International |
| Village Green Childcare | Pets Planet |
| Robina Uniting Church | Woodchoppers |
| Turner Engineering | Mark Partridge |



Clean Event
Alan Hobbs Plumbing
Mudgeeraba Special School
Mudgeeraba Early Childcare
My Dish Café
Safe & Secure Electrical
The Lightning Superstore
Haden Engineering
Christopher Contracting
Egans Plant Hire
Klaws Hairdressing
Gold Coast Christian Child Care

Inverted Bodyboarding
Plantmark
Sofitel
DBI Design
RS Carpentry
Turner Engineering
Milburn Motors
Eden Seeds
Bougavilla Lodge
KML Plumbing
Nizzpro

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's 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

The **University of Southern Queensland** is holding an annual Open Day on Sunday, 23 August from 10am – 2pm. A detailed schedule of events and itinerary builder can be found at:
www.usq.edu.au/openday

If you have any questions regarding the Open Day, please call: 07 3470 4144 or visit:
swastika.rom@usq.edu.au

UQ 2010 Sporting Scholarship Program

UQ Sport and the University of Queensland are offering sporting scholarships to outstanding sportsmen and women. To view what is on offer criteria and how to apply, visit www.uqsport.com.au/scholarships

Applications close on October 30.

Bond University are holding an Open Day this Sunday, August 23. Visit their website for further details of the itinerary for the day.

Queensland School of Film Television are holding a free information seminar on Saturday 12 September at 11am. This is the perfect way for students to get the best possible information on a future career in this industry.

Registration is essential. Call: 1300 765 374 or visit:
info@qsft.qld.edu.au