



# Robina

## State High School

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Queensland  
Government  
Education Queensland

## Weekly Newsletter

### WEEKLY FOCUS:

*'Use a Study Plan Effectively'*

### \*\*\* Year 12 EXAM BLOCK \*\*\*

Year 12 exam block runs from Monday, 7 September to Thursday, 10 September . This includes OP and NON-OP subjects. Please check the school website for rooms and times.

Be at the allocated room 10 minutes prior to the advertised start time.

Good Luck To All Our Year 12 Students Sitting Exams in the Coming Weeks!

- Students interested in TAFE for 2010 -

Please DO NOT turn up to enrol on October 1 & 2, as previously advised.

TAFE are changing their systems and will be holding their enrolment days at the end of October instead. We will advise of the new enrolment dates as soon as we have them.

**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.**

## 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**

### **YEAR 12 - 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
- √ 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 & SET PLANS ~**

Year 8, 9 subject selection forms are due back NOW to PROMOTE teachers. Year 10 forms are due Friday, 4 September.

**Please choose exactly the number boxes specified AND have a parent/guardian signature. Incomplete forms will NOT be processed.**

This week each students in these year levels will complete a Student and Education Training plan. For Year 10 this is a mandated document which ensures that a student has a designated pathway over the next two years and beyond that, an idea of a future direction. These forms are not binding and do not require a parent signature. Students should by now have a clear idea of what they are hoping to achieve for their future career options.

### **QCS NEXT WEEK**

**We wish our Year 12 QCS students a good night's sleep and a determined approach to the QCS held next Tuesday and Wednesday. The practice results have been very encouraging and we have great faith in our academic students to achieve well.**

**Students are required at the SAC at 8.30am each morning. Please ensure that the correct equipment for each exam is placed in a clear container- a plastic sleeve is ideal- for checking at the door. Good luck!**

### **YEAR 12 EXAM BLOCK SCHEDULE**

**All Year 12's will receive a schedule for the activities during the exam block Monday, 7 September to Thursday, 10 September. Students need to be at the designated room with the correct equipment on time. Please note there are a number of Non-OP exams running in this time slot as well. In the case of sickness or other emergencies please see the Assessment policy and Exam**

## Procedures in the Student Organiser: basically, have a medical certificate AND ring the school.

### YEAR 11 GUESTS and START UQ PROGRAMS -

The **Griffith University** Early Start to Tertiary Studies application are due back to students pathways by September 14. OP eligible students with a good consistent academic record are invited to apply for this excellent opportunity. Students select one subject from the first semester of a Degree course to study next year in Semester 1. Students who complete the course successfully will be offered Direct Entry to Griffith University before the end of the school year and may be eligible for the Honours College and other scholarships.

The **University of Queensland** has a similar scheme but they do not offer guaranteed admission. We have found that the drop-out rate for students attending UQ whilst still in Year 12 is very high. This is due to the travel required to Brisbane campus and the impact this has on a student's curriculum time. Students have been successful if they have the commitment and motivation.

Interested students need to jump onto the university's website and download the application forms. When these are completed please return them through Student Pathways for endorsement and lodgment.

**GUIDANCE OFFICER: NANCY GRAND**

#### The Power of a Positive Attitude

**'Two men looked out from prison bars one saw mud the other saw stars'.**

(Source unknown)

**DID YOU KNOW:** Your prospects for good health and long life are remarkably dependent upon mental habits learned in childhood, and a very influential mental habit is found in *your attitude to life and its trials*. Your attitude (either positive or negative) can cause emotional reactions which strongly affect your immune system, circulatory system, your relationships, and even your risk of accidents.

Your attitudes are based on the beliefs, values and assumptions you hold, and are shown through your behaviour. In fact attitudes drive behaviour. Having a positive attitude means that you focus on the good things in life and avoid dwelling on the negative. It helps people cope with life and limits thinking that is destructive.

Almost always, you have a choice as to what attitude to adopt. There is nothing in most situations that dictates you must act one way or another. If you feel angry about something that happens, for instance, that's how **you choose to feel**. Nothing in the event itself makes it absolutely necessary for you to feel that way. It is your choice and since you do have a choice most of the time, you'll be better off if you choose to react in a positive rather than a negative way.

If you are to help your child develop a positive attitude then model it. Here are some hints:

- Being positive is a choice. Choose it now.
- Learn to control 'the voices' that may limit your potential. If you think you can achieve most likely you will. If you think you can't most likely you won't.
- Avoid saying 'I can't' – it makes a person feel inadequate. Better to say 'If I had .....I could .....
- Enjoy the present. It's all you have or are able to control. The past is gone. The future is unknown.
- Focus on solutions. Don't dwell on mistakes.
- Choose to smile and laugh. It has a contagious effect.
- Look for The Valuable Lesson – what have I learned and how can I make things better next time.
- Language is a valuable tool. Use it wisely. For example, 'I'm bored' could become 'I have more time to do other things'.

### SCHOOL BASED YOUTH HEALTH NURSE: HELEN DREDGE

#### Cancer warning on ham sandwiches; a reminder to include a variety of nutrients in lunches!

IT is a staple in most kids' lunchboxes but the humble ham sandwich has made the dangerous food hit list.

While many parents consider them a healthy option, experts are calling for the ham sandwich to be banned. The World Cancer Research Fund warned parents to stop serving the processed meat, saying they could lead to bowel cancer.

Instead of a total ban on the ham sandwich, limiting the amount of processed meat a child ate was a better option. Cancer Council nutrition manager Kathy Chapman said "If a child is eating ham sandwiches every day they are potentially missing out on fresh vegetables and important nutrients". Healthier fillings include tuna, salmon, egg and salad sandwiches.

Dietician Susie Burrell of Westmead Children's Hospital in Sydney said a ham sandwich once a week was OK.

**COMMUNITY LIAISON OFFICER: DI LODDON**

#### 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.

**Year 10 students interested in Hospitality or Business Administration School Based Traineeships, in the Robina area, please come and see me ASAP!!**

**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**

A tavern in the Robina area have a vacancy for a school based hospitality traineeship. See Mrs Allen ASAP(M)



**Certificate III Hospitality**

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

**Certificate in Business**

A 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)



**Certificate III Commercial Cookery**

Students interested in a school based apprenticeship in Commercial Cookery (Cheffing), there is a FREE course running over the school holidays (in Fortitude Valley) which could lead into a school based apprenticeship. The apprenticeship will be Undertaken with a local business. Please see Mrs Allen ASAP.



**YEAR 12 LEAVERS -**

**Engineering – Civil Design**

**Year 12 students** interested in a career in Engineering please come and see Mrs Allen. A local engineering consultancy company have expressed an interest regarding employment in this area. Students intending to go to university may also have the opportunity of part casual work whilst studying.

**STUDENT PATHWAYS OFFICE: LYNNE BATESON**

**2010 DEFENCE TECHNICAL SCHOLARSHIPS**

Are you a technically competent school student going into Year 11 or Year 12 in 2010? Are you interested in doing a trade when you finish school? Are you doing ANY level of Year 11 or 12 maths, a technical VET or syllabus subjects?

Then YOU may be eligible for a 2010 DTS.

Year 11 DTS recipients will receive \$2000 whilst Year 12 DTS recipients will receive \$3000 to help cover education costs.

The closing date for 2010 DTS has been extended to 25 September, 2009. Get your applications in now! For further details go to [www.defencejobs.gov.au/DTS](http://www.defencejobs.gov.au/DTS), email [DTS@data-active.com.au](mailto:DTS@data-active.com.au) or phone: 1300 880818

The Director of Bond College invites you to an information evening on Bond's Foundation Program. A short presentation will explain how the Foundation Program prepares students for entry into Bond University after Grade 11.

The evening takes place on Wednesday, September 2 at 6pm at: Bond College, Ground Floor, Legal Skills Building, Bond University, University Drive, Robina. Light refreshments will be served. Please RSVP by Monday, August 31 to matthew Corden on 5595 1076 or email him at: [mcorden@bond.edu.au](mailto:mcorden@bond.edu.au)

Southern Cross University are holding a Social Sciences Information Evening on Tuesday, 15 September from 7 – 9pm at their Tweed Gold Coast Campus (Riverside). Students with an interest in working with people with disabilities, homeless people or refugees, for example, will find this evening of particular interest.

Please email your RSVP to Richelle Blackshaw-Smith: [richelle.blackshaw-smith@scu.edu.au](mailto:richelle.blackshaw-smith@scu.edu.au) or alternatively, you can call her on: 5506 9351.

**Careers Day 2009 – Currumbin Sanctuary**

Once again, Currumbin Wildlife Sanctuary are holding an Animal Careers Expo, sponsored by RSPCA Queensland, on Wednesday, 9 September, from 10am – 3pm. Cost is \$7 per person.

Gain an insight into careers at Currumbin Wildlife Sanctuary, RSPCA, Guide Dogs Queensland, etc. as well as university and TAFE course advice.

Registration for this event is compulsory. To register your attendance, visit: [www.cws.ord.u](http://www.cws.ord.u)