



Robina

State High School

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Queensland
Government
Education Queensland

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Weekly Newsletter

WEEKLY FOCUS:

'Use a Study Plan Effectively'

- 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.

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.

** Lucky Celebrate Newsletter Winner **

Congratulations to Jakob Palicko, Year 9, who has won this term's \$50 Robina Town Centre voucher. Jakob's entry was in the Lucky Celebrate Newsletter draw.

Thanks to Robina Town Centre for their sponsorship.

STUDENT PAYMENTS OFFICE: SALLY BULLPITT

Sport options are now open for Term 4 for Year 8 – 11 students. Students who are up to date with fee payment can now select and pay for 'out of school' activities for next term, including dance, gym, ice skating, etc. Payments close at 4pm on Thursday 17 September – **no late payments will be accepted.**

STUDENT PATHWAYS DIRECTOR: JEANETTE MCDONALD

QCS DONE AND DUSTED!

It's not often you can say that exams were a pleasure but our QCS cohort this year were AMAZING!

Congratulations on doing the right thing all day every day for the QCS. Wonderful!

Year 8, 9 & 10 SUBJECT SELECTION & SET PLANS- ALL RETURNED?

All students should have now returned their subject selection and Student Education and Training plans. The SET plans were completed in PROMOTE but the subject selections need a parent/guardian signature.

Going through the returned forms there are many errors, particularly with Year 9 to 10 selections. A number of students will be called up to clarify choices in early Term 4. Late forms need to be returned through the Student Services window.

GUESTS 2010 - DUE BACK 14 September

Year 11 students are reminded that the GUESTS completed application forms need to be returned through the Student Pathways office on September 14. Griffith university does NOT accept late GUESTS applications, nor can we as this is a very popular program with more than enough applicants for the limited spots. Go to the university's website for full details and forms.

Year 12 EXAMS

This year OP and Non-OP exams are scheduled for next week September 7 to 10. Students have received an email with the exam schedule attached, as well it's on the school intranet site, the school website and in this publication. Please be ready 10 minutes prior to the advertised starting time. Students meet in the busbay area where room allocation is not specific

GUIDANCE OFFICER:

NANCY GRAND

The Power of Communication -

Definition: Communication is an exchange of understanding. It involves speaking, listening, and most importantly understanding. It is performed through words, writing, visuals and body language.

Perhaps the most powerful principle of all human interactions is communication, but in communication we must first seek to understand. Too often we listen with intent **not** to understand but to respond. At the root of all relationship problems is the failure to thoroughly understand each other – to see the world through another's eyes, and also through their mind and heart. Unfortunately, many of us are raised to believe that investing time and energy in understanding another deeply, without judgment, neither

attacking nor defending, may suggest agreement or weakness. This is not so. It is through understanding another that we maximize the purpose of communication.

At the earliest stages of development the newborn learns to communicate his/her needs through crying and movement. The parent who seeks to understand the baby's needs is already teaching the child about effective communication and the importance of their relationship. One of the key factors contributing to children **at risk** is when the child communicates and the parent, for whatever reason, either does not regularly respond or mostly responds inappropriately. The feeling of helplessness produces negative emotion and passivity.

Try these skills when someone is speaking to you:

1. Be silent – give eye contact. Take note of their body language. Make sure your body language says 'I am listening' not 'I'm in a hurry for you to finish'.
2. Use encouragers such as 'Mmmm, tell me more'.
3. Reflect back what they are saying and what feelings they are showing, for example, 'When you said this..... you looked sad. Is that how you feel?'

It is by teaching good communication through our modelling and understanding that our children will be able to develop close relationships with their family and others beyond the family. They will learn to be social and confident - qualities that will serve our children throughout their lives.

Adapted from 'Clearing Communication Lines' (Principle-Centred Leadership) by Stephen R. Covey

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

Could You Save a Life? What is an asthma attack?

People with asthma have extra-sensitive airways. Triggers like dust, pollens, animals, tobacco smoke and exercise may make their airways swell and narrow, causing wheezing, coughing and difficulty breathing.

Asthma First Aid

- 1 **Sit the student upright**, remain calm and provide reassurance.
Do Not leave the student alone.
- 2 Give 4 puffs of a **blue Reliever inhaler (puffer)** – Ventolin, Airomir, Asmol or Epaq.
Use **1 puff at a time**, preferably through a **spacer device**.
Ask the student to take **4 breaths from the spacer after each puff**. If no spacer is available, use a blue reliever puffer on it's own.
- 3 **Wait 4 minutes**.
- 4 If little or no improvement, **repeat steps 2 and 3**.
If there is still little or no improvements: **CALL AN AMBULANCE IMMEDIATELY (DIAL 000)** and state that the person is having an asthma attack. Continue to repeat steps 2 and 3 while waiting for the ambulance.

For more information, contact your local Asthma Foundation **1800 645 130**.

Taken from the National Asthma Council Australia and Asthma Friendly Schools program web sites:

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.



**GOLD COAST
INTERNATIONAL
HOTELS**

School Based Certificate III 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.

You will also have the opportunity to earn extra money during busy periods such as holidays and the Super GP in October. The traineeship will provide you with paid employment and on the job training in the following areas:
Restaurant Room Service Conference & Events
Concierge Switchboard Housekeeping

Applications close 7 September. See Mrs Allen for application process.

Certificate III Hospitality



Join the Radisson Resort 2010 School Based Trainee Program.

- Structured ten month paid program
- Extensive exposure to daily

resort operations

- Experience in restaurant, banquet, concierge, housekeeping and administration departments
- Employee benefits
- International hotel group
- Possibility of ongoing employment

The Radisson is holding an information evening on Wednesday, 14th October 6.00pm-7.00pm. Bookings are essential. See Mrs Allen for the flyer and application process.



School Based Apprentice Chef – Year 12's

The Apprenticeship will roll over into a full time position at the end of the year. It is located in the Broadbeach area and you will be required to do weekend work. (SES)

Certificate III Engineering Fabrication Year 12 student interested in the sheet metal industry. This will roll into a full time position once you have completed Year 12. Company is located in Ormeau (B)



Year 10 Students who are interested in obtaining a Hospitality or Business Administration Traineeship could you please come and see Mrs Allen ASAP.

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.



WHITE CARD (Safety)

Many students will enter the building and construction industry through a variety of occupations. One of the requirements to get onto a construction site is the successful completion of the construction industry induction – also known as the White Card. (A White Card is also a requirement to undertake work experience). The White Card is nationally recognized and replaces the Blue Card. Your blue card is still valid until it expires.

A Safety and Training provider are delivering the course at the school on September 11th. The course costs \$35 and runs from 9.30am until 1.30pm. See Mrs Allen if you are interested in getting a White Card.

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.



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Metropolitan South Institute of TAFE is offering a free one day workshop for Year 12 students who are genuinely interested in a Beauty Therapy pathway post year 12. The workshop is on Tuesday, 13th October 10.00am - 3.00pm. Please book early as numbers are limited. See Student Pathways for the flyer.

STUDENT PATHWAYS OFFICE: LYNNE BATESON

**** Internship Opportunity for School Leavers ****

There are **6 spots remaining** on the 'Ski & Snowboard Instructor Internship Programs' in North America - starting December this year. This is a fantastic opportunity for school leavers, as it gives them an opportunity to obtain paid employment in the United States or Canada and complete an internationally recognised ski or snowboard instructing qualification.

Successful applicants will receive:

- A GUARANTEED offer of employment as a trainee Ski or Snowboard Instructor!
- Early season orientation, instructor training and accommodation package
- Canadian or American Instructor Alliance membership and level one ski or snowboard certification
- Training, support and further qualifications throughout the season
- Assistance and support with obtaining work visas, flights and insurances (in partnership with STA Travel)

You:

- * Have a passion for skiing or snowboarding (beginner to advanced ability levels welcome)
 - * Have a willingness to learn through training and working
 - * Have an interest in travel and adventure
 - * Are available between December and April
 - * Will be 18 years of age by December
 - * Are looking for a life changing experience
 - * Have the financial support to participate (the all inclusive program costs are US\$4750 - \$7950)
- Contact: sstraining@educatingadventures.com for details.

RSL Youth Development Program

This program recognizes and rewards the efforts of high-achieving Queensland students. Grants of up to \$5,200 will be awarded in the following categories:

- Academic achievement
- Sporting Achievement
- Community Leadership & Civic Participation

For details on how to apply, call: 07 5595 1067 or email: RSLyouth@bond.edu.au

JMC Academy Open Day – This Saturday, 5 September, at Brisbane Campus – 75 Grey Street, South Brisbane. Two sessions are available – 10am and 1.30pm. Bookings are essential. If you are interested in a career in Television, Digital Media, Animation, Audio Engineering, etc. you should attend!! To book or for more information, call: 3846 5166

UNIFORM SHOP: ANGELA CORIC

YEAR 12 GRADUATION T-SHIRTS

Year 12 students - it's time to order your Graduation T-shirts!!! The T-shirts cost \$20 each and sample sizes are available to try on in the Uniform Shop now. Call in and pick up an order form and place your order A.S.A.P.

Closing date is 17 September - NO late orders can be accepted.

ROBINA SHS Year 12 September Block Exam 2009

Day	Arrive at	Exams	Rooms		
Mon Sept 7 Session 1	8:10 am	Math A (2 hours)	A: G201	B: G202	C: G205
			D: G210	E: G211	F: G206
		Math C (2 hours)	G213		
Mon Sept 7 Session 2	10:45 am	English (2 hours)	A:G301	B:G301	C:G302
				E:G311	F:MO06
			G:MO05	H:G311	I:MO05
Mon Sept 7 Session 3	1:50 pm	Pre Voc Math (65 mins)	A: G214	B: G211	C:G210
		Japanese Orals: Group A	D + E: G201		
Tues Sept 8 Session 1	8:15 am	Biology (2 Hours)	RC7A		RC7B
	8:00 am	COM124B (Per 0 ~ 2)	CO01		
	8:20 am	ISB124B (Period 0)	MA05		
	9:15 am	ISC124C (Period 1 + 2)	MA05		
Tues Sept 8 Session 2	10:55 am	Math B (2 Hours)	A: G210	B: G211	C: G213
	10:45 am	COM124A (Per 3 ~ 6)	CO01		
	10:45 am	ISB124A (Period 3 + 4)	MA05		
	11:55 am	ISC124A (Period 5 + 6)	MA01		
Tues Sept 8 Session 3	1:50 pm	Geography (2 hours)	A: G102	B: G106	C: G110
		ISC124B (Period 7+ 8)	MA09		
		Marine and Aquatic (Period 7+ 8)	SC11		
Wed Sept 9 Arrange time with HOD	8am ~ 3pm	English Orals	G301	G302	G311
	8 am ~ 10:15am	Phys Ed (Dance)	SAC		
	9:05 am ~ 10:15 am	Japanese Orals: Group B	G413		
	10:15am ~ 1:45 pm	Drama	Performing Arts		
Thurs Sept 10 Session 1	8:15 am	Physics (2 Hours)	RC7A		
		BCT (2 Hours)	A: CO01	B: CO06	
Thurs Sept 10 Session 2	10:50 am	Science 21	RC7A		
		Chemistry	RC7B		
Thurs Sept 10 Session 3	1:50 pm	English Communication (60 mins)	A: G301	B:G302	C:G305
			D:G311	E:G306	
		Dance (2 hours - Written)	RC7A		
		Economics (95 mins)	A + B: G101		