



Robina

State High School

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Queensland
Government
Education Queensland

17 September, 2009 - Volume 31

Weekly Newsletter

WEEKLY FOCUS:

'Follow All Directions'

PLEASE NOTE that Monday, 5 October is NOT a Student Free Day.

The next S. F. D. is Monday, 19 October.

Students interested in TAFE for 2010

TAFE have advised us that enrolments for the Schools Program for 2010 open on Wednesday, 28 October.

Watch the Newsletter in Term 4 for further details of how to enrol.

~ Cyberspace Bullying Seminar ~

On Tuesday, 6 October, we have a powerful, unique and engaging free of charge presentation being delivered here at school by former undercover Internet Detective, Brett Lee.

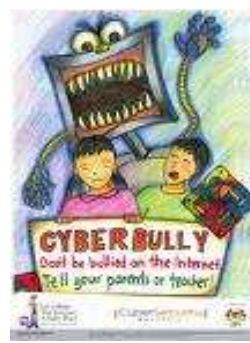
Brett has seen the internet through the eyes of a child and the audience will witness the real face of the internet like they've never seen it before.

What parents should be aware of:

- Know what your children are accessing on the internet
- Know how it works and take an active interest in what they are looking at on the Internet
- With older children, you may choose to discuss the nature of material found on the Internet
- If the child feels uncomfortable, it is for a good reason

Brett will tell us about real life internet crime cases from Australia.

**Come along and bring a friend – Admission is free.
The presentation starts at 6pm in the PAC.**



The date for the next P & C Meeting is Tuesday, 13 October at 6pm. The meeting will take place in the Common Room.

All are welcome – please enter through the front door of the Parent Centre.

For details of the following articles:

2009 National Assessment Program – Literacy and Numeracy test results

Help us keep our school secure these holidays.

Please visit:

<http://www.ged.qld.gov.au/corporate/communication/newsletter>

**STUDENT PATHWAYS DIRECTOR:
JEANETTE MCDONALD**

2010 STUDENT LEADERSHIP PROCESS

Applications are now open for Year 11 students to apply for Captain, Vice Captain, Student Council President and House Captains. We encourage students with a strong sense of self confidence, who believe they uphold the school's PROMOTE values well and who have a desire to serve their school community to apply. Applications are due back at the end of the first week in Term 4. Speeches to the student body will be held on 21 October and voting occurs on Thursday 22 October. The 2010 Student Leadership positions will be in place by our Awards night November 9.

QTAC REMINDER

Year 12 students intending to go to either TAFE or University MUST apply through QTAC on line system. QSA numbers are on student's materials they had to check for address and subject accuracy and in the library window. LUI's are on the back of student's ID cards. The CHEAP rate ends September 30.

YEAR 12 –

WEDNESDAY AFTERNOON PROGRAM, TERM 4

There are several things that we are mandated to complete with Year 12 before they can graduate on Monday, 16 November. Apart from assessment items, students must be signed off for CPR skills and attend the Road Accident Awareness and Prevention program.

In the first three weeks of Term 4 Year 12s attend **one** CPR session UNLESS they can prove they already have CPR skills attained in another course, in which case they do not need to attend their scheduled time slot. Lists are in the library window.

On October 28 all year 12 are required to attend the RAAP program. This is run by very experienced Ambulance officers who are tired of dragging dead and injured teenagers from car accidents and have some very specific things to help students be safe in cars.

From Week 5, administration will be holding catch-up sessions on Wednesday afternoons for outstanding assessment items, truancy and any other similar issues. This should not affect the majority of Year 12 students who will be allowed to leave the school at 12.40pm from 4 November.

CAREER MENTORING OPPORTUNITY

We are participating in a Federal Government pilot program which involves students being mentored for one hour a week at school, over Term 4, by people from skill shortage industries. These mentors are employed and expert in their areas; fully trained and have passed all safety checks. We are looking for Year 10 & 11 students interested in a possible career in one of the following areas: Childcare, Hospitality, Nursing, Pharmacy and Business. We have mentors ready to go. Information packs and permission forms are given to nominated students.

SCHOOL BASED HEALTH NURSE: HELEN DREDGE

Stroke week ~

A stroke occurs when the blood supply to the brain is suddenly disrupted. This blood supply may stop moving because of a blood clot or plaque or because the artery bursts. The brain controls the way we move think speak and eat. Everything we do is controlled by different parts of the brain. When blood supply stops flowing to the brain and it does not receive enough oxygen it needs, brain cells in that area may die and permanent damage can be done. Strokes can be fatal while others can cause temporary or permanent disability. When a stroke happens we lose the ability to do things that that part of the brain controls. This may be using one part of the body whereby you have paralysis on that side, it could be talking, swallowing, or having trouble thinking.

Strokes are the second most common cause of death in Australia and the single biggest cause of adult disability. Before someone has a stroke they may have some impending signs of a stroke such as weakness, numbness or paralysis of the face or other body parts, difficulty speaking, dizziness, loss of vision or sudden blurred vision or severe abrupt onset of a headache or difficulty swallowing. If these symptoms happen to you or your family seek medical treatment immediately.

The signs of a stroke may occur alone or in combination and they can last a few seconds or up to 24 hours and then disappear. When symptoms disappear within 24 hours, this episode is a mini stroke or Transient Ischaemic Attack (TIA) If you or someone else experiences the signs of stroke, no matter how long they last, call 000 immediately. Getting fast treatment can be the difference between death or severe disability and a good recovery. Strokes are mainly preventable and treatable.

Statistically in Australia 60 000 new and recurrent strokes occur each year, that's one every ten minutes! 1 in 5 occur in the under 55 age group.

For strokes cause by a blood clot in the brain there are treatments that can break up the clot to stop further damage to the brain. These must be given within three hours of the start of the stroke so it is vital to recognize the signs and call 000 as soon as you suspect someone may be having a stroke. Regardless of what type of stroke or what treatment, the faster someone gets treatment the better. If you suspect someone is having a stroke call an ambulance, stay with them and provide reassurance and do not give them anything to eat or drink in case they have problems swallowing.

Remember FAST "F" for facial weakness Can the person smile? Has their mouth or eye drooped "A" for arm weakness, can they raise both arms? "S" for speech difficulty, can the person speak clearly and understand what you say and "T" for time which is critical so act quickly and call 000

Your chances of having a stroke are reduced if you are in a healthy weight range, are physically active and choose a healthy nutritious diet, limit your alcohol consumption, don't smoke and keep your blood pressure and cholesterol levels in a healthy range. (Do you know what they are)? This also means managing your stress levels and finding time to do precious things in life that you enjoy. For more information visit www.strokefoundation.com.au

GUIDANCE OFFICER: NANCY GRAND

Stress Proof Your Life: Part II

Continuing on from last week, here are the final four strategies for stress proofing your life.

6. *Stress Proof Your Relationships.*

Although he may have questioned his neighbor's wisdom, Robert Frost is perhaps most famous for that twice-repeated line in the poem *Mending Wall*, "Good fences make good neighbors." That line expresses what Caroline Westerhoff describes as the "irresolvable tension between boundary and hospitality." It also expresses the challenge of stress proofing our relationships. Err on one side or the other, too much boundary or too much hospitality, and we end up in trouble. Strike the right balance, and we end up with vital relationships in life and work. How can we tell if the balance is right? Notice whether or not and to what degree we are playing the blame game. When the balance is off, we tend to blame others or ourselves for our negative feelings. When the balance is on, we celebrate the beauty of the need and appreciate the possibility of the moment.

7. *Stress Proof Your Love.*

Our significant others represent a special relationship with a special ability to either drive us crazy or make us happy. There's that fine line again, only now the stakes are higher. Domestic violence can result when these relationships are stressed to the limit, and the statistics are alarming. So what's a couple to do? Court each other daily. Put service above self. Share each other's interests. Never be jealous. Pitch in. Keep laughing. Trust life to work out. Give each other the benefit of the doubt. Know what's important to you. Communicate your boundaries. Through such active engagement in making your love work, stress goes down and joy goes up in the most important relationships of our lives.

8. Stress Proof Your Environments.

In the contest between intentions and environments, environments always win. They are that powerful. All the good intentions and all the will power in the world are not strong enough to overcome poorly designed environments. They are that important. That's why coaches work so diligently with clients to design better environments. We want systems, surroundings, networks, procedures, equipment, materials, and locations -- to mention only seven of the most common culprits -- to fully support client intentions and goals. When that happens, and when that happens with set-it-and-forget-it automation, stress goes out of the equation altogether. Things are no longer hard and effortful. Things are rather easy and effortless, because our environments are working for us rather than against us.

9. Stress Proof Your Spirit.

There's one more thing that can really add stress to life and work: being disconnected from our passion and out of integrity with our values. Those things touch the deep places of our soul, the inner being, and we have to tend to them if we hope to eliminate the interference that stress represents. One way to do that is to focus on the contribution we want to make to planet earth. Another way to do that is to focus on the needs we want to meet at this moment in time. Universal needs are just core values by another name. The more mindful and focused we become on that which is life-affirming, life-giving, and life-building, the happier we will be and the less stress we will feel.

Thanks to Bob Tschannen-Moran for sharing the above strategies.

I would like to wish all students, parents, carers and staff a most restorative, safe and stress-free holiday.

COMMUNITY LIAISON OFFICER: DI LODDON

If you have a flair for cooking/catering & you possess great organisational skills, then our P&C may have great opportunities for you.

Please call me on 5562 3404 to discuss.



INDUSTRY LIAISON OFFICER: ROBYN ALLEN

***** Details for all positions listed can be provided by Mrs Allen at Student Pathways*****

**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 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, 14 October 6.00pm-7.00pm. Bookings are essential. See Mrs Allen for the flyer and application process..



Certificate II Bicycle Repairs

Do you have a passion for BMX, MB or Road Cycling? If so here is an opportunity to have a career linked to that passion. Duties will include servicing and repairing all types and makes of bikes. You must be reliable and keen to learn all aspects of the business. The position is based in Miami and public transport is available. (OnQ)

Do You Want To Become a Chef?



Certificate II Hospitality (Kitchen Operations)

A school based Traineeship in a popular resort in resort in Surfers Paradise. You must be in Year 10 or Year 11 and have a real passion for cooking. (OnQ)

School based Apprenticeships/Traineeships (SATs) - Head start to careers through school-based training.

A Cert II Hairdressing School Based Apprenticeship at a salon located in Mermaid Beach. Attend one set day per week and undertake additional hours after school and at weekends.

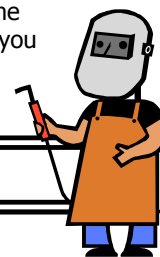
Students must possess a genuine passion for hairdressing. Closing date for applications is September 18. (M)

Cert II Horticulture at an upmarket residential resort in Main Beach. They are looking for a confident, outgoing Year 10 student with a friendly personality (ATC)



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.

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.



Designer For a Day

Our Free Designer for a Day Seminar on Saturday 10 October is a great opportunity for those interested in Graphic Design to learn more about industry standard software and what it takes to work as a design professional. Spaces are strictly limited and registration is essential. Visit www.thedesignworks.com.au for more information.

Design Scholarship Competition

We would like to welcome all year 11 and 12 students, particularly those involved in art and/or design, to enter our Design Scholarship competition.

Visit www.thedesignworks.com.au

YEAR 12 LEAVERS

Engineering – Civil Design

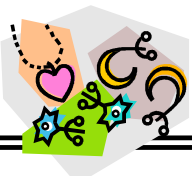
Year 12 students interested in a career in Engineering please come and see Mrs Allen. A local civil and electrical engineering consultancy company located at Robina have a position for a Cadet Draftsperson.



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, 13 October 10.00am -3.00pm. Please book early as numbers are limited. See Student Pathways for the flyer.

The Australian College of Integrated Therapies (ACIT) is currently offering a half scholarship for students wishing to study the certificate IV in Beauty Therapy commencing in January 2010. Application forms are available from Student Pathways.

CASUAL POSITIONS:



Jewellery store in Robina Town Centre: Applicants must be available to work on weekends, school holidays and over the

Xmas break. Bring your resume to Mrs Allen.



City Beach has casual positions for the Xmas holidays at their Broadbeach, Surfers Paradise, Australia Fair and Robina stores. See the Senior Notice Board for the flyer on the application process.

STUDENT PATHWAYS OFFICE: LYNNE BATESON

Griffith University are hosting the Gold Coast Accounting day for Schools. This is organised by The Institute of Chartered Accountants and is being held at Griffith University, Gold Coast Campus on Tuesday, 13 October, 2009. The event aims to give Gold Coast high school students an insight into a professional accounting career.

There will be 4 speakers in attendance including representatives from local Chartered Accountants and of course student representatives, to speak with the students about:

- What accountants do from day to day
- The variety of areas/ roles you can get into
- How they got to where they are now
- What it is like as a university student?
- Studying accounting and what to expect?

The day will also include an interactive presentation and a light lunch provided for everyone. All details can be found on the attached flyer and please feel free to contact myself or Sophie Canning from The Institute of Chartered Accountants in Australia on 0423 596 237 for more information.

Applications are now open for the 2009 – 2010 Youth Engagement Steering Committee. All young Australians between the ages of 15 – 24, who are either an Australian Citizen or a Permanent Resident of Australia are able to apply. For further details, visit: <http://www.youth.gov.au/ayf/pages/Application>

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.

Due to the exam timetable, the closing date has been extended to 8 October.

COMMUNITY NOTICES:

RSA Course:

\$95 per person.

- TAE applicants welcome.
- All materials provided.

Mon, 21 Sept 5 - 9pm, Wed 23 Sept 1 - 5pm

Mon, 28 Sept 5 - 9pm, Wed 30 Sept 1 - 5pm

Location: Learning & Development Centre, Sea World, Sea World Drive Main Beach.

To reserve your place, contact Natasha on 5588 2359 or email: natasha.chamberlin@wvtp.com.au