



# Robina

## State High School

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Queensland  
Government  
Education Queensland

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## Weekly Newsletter

### WEEKLY FOCUS:

*'Review Your Progress'*

### Key dates, Term 4:

Wed, 21 Oct - Sports Awards Dinner

Mon, 9 Nov - Awards Night

Mon, 16 Nov - Year 12 Graduation

Fri, 20 Nov - Year 12 Formal

Fri, 28 Nov - last day Years 10, 11

Fri, 11 Dec - last day Years 8, 9

Please be advised that the enrolment process for the High School Programs will be as follows:

- Parents will be able to enrol and pay over the phone with a **credit card (Visa or Master debit card only)**. Enrolments at the Customer Service counters will still be available at Southport, Ashmore and Coolangatta campuses, where all methods of payment will be accepted

- The only method to confirm a place in a course is payment of the full fees upon enrolment and therefore, the normal "first in, best dressed" scenario will still apply

**If applying in person at one of the campuses, the Student MUST take the authorisation letter (issued to them by Student Pathways), with them on the day.**

**IF THEY DO NOT HAVE A COPY OF THIS LETTER, THE STUDENT WILL NOT BE PERMITTED TO ENROL.**

If you have any further enquiries, please contact Andrew Lee, Schools Liaison at **Gold Coast Institute of TAFE** to discuss further:

P: 07 5581 8690 M: 0466 207 101

Email: [andrew.lee@deta.qld.gov.au](mailto:andrew.lee@deta.qld.gov.au)



Students  
interested in  
TAFE for 2010

Gold Coast Institute  
of TAFE

Change of Enrolment  
Process for Schools  
Programs for 2010



The date of enrolment for  
School Programs in 2010 is:

**Wednesday, 28 October, 2009.**

This year, for the first time, TAFE are  
accepting telephone enrolments for  
these courses.



Please Remember ....  
Monday, October 19<sup>th</sup> is  
a Student  
Free Day.

**STUDENT PATHWAYS DIRECTOR:  
JEANETTE MCDONALD**

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**YEAR 8, 9 & 10 SUBJECT CHANGES**

At present Heads of Department are checking student's subject choices for 2010. Some students have already been notified of problems with their choices and have made other selections. Please be aware that as HODs check lists for subject prerequisites students may be directed to reselect 2010 subjects. If this is the case, or if students wish to change choices, forms are available with Heads of Department and at the Student Services window. These are returned to the Student Office.

**2010 STUDENT LEADERSHIP PROCESS**

Next week at parades on Wednesday, the school body will be presented with our 2010 Student Leader candidates. Candidates give a short speech about themselves and their aspirations as an introduction to the student body. Students will vote later in the week for school captains and vice – captains. We ask that each vote is based on the candidates suitability, motivation, presentation and ability to represent YOUR school, not popularity.

The collated votes are considered in conjunction with a panel interview as well as school academic record, active citizenship and past record of upholding PROMOTE values. The 2010 Student Leadership group will be presented at the Awards night on November 9<sup>th</sup>.

**SCHOOL BASED HEALTH NURSE:  
HELEN DREDGE**

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**Final Round Of Vaccinations For  
Years 8 & 10**

The third and final vaccination round will be occurring at Robina High School for all Year 8 & 10 students on Thursday, 29 October 2009. All Year 8 students will have been offered Hepatitis B vaccine, which requires two vaccinations and chickenpox, which requires one vaccination only. In addition, all Year 8 girls should receive three doses of the HPV vaccine, which provides protection against cervical cancer.

This last round offers Year 8 boys Hepatitis B (and chickenpox if they haven't already had it). Year 8 girls will have Hepatitis B vaccine and their final HPV vaccine.

Year 10 students are offered Boostrix (which covers them for Tetanus, Diptheria and Pertussis). One vaccine only is needed for this in Year 10, if so if your young person was away or missed the last round, they have a chance to catch up.

At this stage there will be no mass vaccinations for H1N1 (swine flu), however, you are able to access this vaccine from your GP and be bulk billed.

If you are unsure whether your child has had their vaccinations, please ring the Gold Coast City Council

on 5581 6709. It is best to keep a record of the vaccinations. The school does not keep any records of your child's vaccinations.

**GUIDANCE OFFICER: NANCY GRAND**

**The Importance of Exercise and Being Healthy**

Getting the right balance between eating well and being active is the best way to maintain a healthy body weight and prevent serious illnesses like type 2 diabetes, heart disease, high blood pressure, kidney disease and some cancers. It may also help to:

- Build and maintain healthy bones, muscles and joints;
- Increase metabolic rate – the rate at which your body uses up energy;
- Reduce feelings of stress, anxiety, and depression while improving sleep and mental health;
- Create more opportunities to socialize with others and improve one's life in general.

Unfortunately, while technology can be fun, it has reduced much of our need for movement and activity - do you walk to change the channel or flick a button? For the first time ever there is concern that a larger percentage of the children of today may not outlive their parents.

The recipe for balance is easy - we need to eat a certain amount of food (preferably healthy food) to keep our body functioning properly. Any extra we eat above this daily requirement needs to be burnt off through being active or it is stored as fat. We don't live in a cold climate where we need to store up for the winter, so quantity and fat content of food must be considered to maintain good health.

***DID YOU KNOW: If you eat fish and chips and sit still it will take 11 hours to be burnt off but only 1 hour if you go for a jog?***

So let's choose a healthy life style:

- Eat a balanced diet. Eat to live not live to eat;
- Exercise regularly ;
- Don't take the easy options. Walk instead of drive. Stand up and manually change the TV channel. Do sit ups while watching TV rather than just sitting;
- Organize outdoor activities for all to enjoy;
- Entertain your children with a football or a walk rather than a TV or Nintendo;
- Organize healthy meals for the week and then shop for the healthy ingredients to cook;
- Walk, cycle or use public transport instead of the car.

As you want your children to have a long happy healthy life, and you want to be there for them and for their children, put the hard yards in now. Make a start

to HEALTHY EATING AND BEING ACTIVE TOGETHER. The payoffs will be lifelong. (Adapted from Queensland Government – ‘Your Life’ brochure)

**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.

**Education Queensland School Based Traineeship Program**

Positions are available for various traineeships within schools on the Gold Coast. Some of these include:

**Business** at Clover Hill State School  
**Information Technology** at Merrimac State School  
**Information Technology and Library & Information Services** at Robina State School and Gaven State School.  
 See Mrs Allen TODAY for the application package as this closes on **Friday 30<sup>th</sup> October.**

**Cabinetmaking Apprenticeship (Year 12's)**

To start **now** as a School Based Apprenticeship and will convert to a full time apprenticeship at the end of Year 12.

**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

**Applications Close Friday 30<sup>th</sup> October.**

**Certificate III Hospitality**  
(Food & Beverage and Retail)

**Warner Village Theme Parks** (Warner Brothers, Movie World & Seaworld Resort & Waterpark) has school based traineeship positions for year 10, 11 and 12 students in 2010. An information evening is being held at Sea World, Paradise Room on

Wednesday 4 November – 6pm start (to 7pm). Please see Mrs Allen for the information flyer.

**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)

**Certificate III in Outdoor Recreation**

Walkin’ On Water Surf School at Coolangatta through the College of Surfing. Must be willing to work weekends. Closes 31<sup>st</sup> October. More information is available on [www.walkinwater.com](http://www.walkinwater.com) under the “Our Surf Crew” heading. (S)

**Do You Want To Become a Chef?**

**Certificate II Hospitality (Kitchen Operations)**

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

**Certificate II Hospitality**

Hogs Breath Cafe have hospitality traineeships (front of house) available in their Main Beach, Mermaid Waters stores. They also have (back of house) traineeships available at Surfers Paradise and Mermaid Waters stores.



**Certificate III Business Administration**  
 Surf Lifesaving Australia – Currumbin (B)  
**Certificate in Business** available at a finance company located in Arundel. (B)

**Certificate III Business Administration** at Designer Nails on Chevron Island. To work Tuesdays. (B)



**Certificate II Transport & Logistics Warehouse & Storage**

Positions are available at Reece Plumbing stores located on the Gold Coast. Please apply online at [www.reece.com.au/careers/asba](http://www.reece.com.au/careers/asba)



**Certificate III Engineering Fabrication. Year 12 student interested in the sheet metal industry.** The business is located in Ormeau.

## YEAR 12 LEAVERS



**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. The successful applicant will have the opportunity for further study. **Closes 19<sup>th</sup> October.**

## CASUAL POSITIONS:

### **BEST & LESS**

Casual positions available at Best and Less, Pacific Fair store. Must be 15 years old. Take your resume into the store and ask for management.



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.

## UNIFORM SHOP:

**ANGELA CORIC**

### YEAR 12 SENIOR FORMAL

Table bookings are now being taken in the uniform shop. There are 10 people to a table and a minimum of 7 people can be booked for. Please drop in your lists with first and last names of each student. Please note no payment is required to book a table.

There are also discount vouchers for certain items for the formal available.



### Graphics Calculators

Year 12 students wishing to sell their graphics calculators please come and see Mrs Coric in the uniform shop as we will buy them back from you.



### **Danc'Ed in the Spotlight**

**Friday 23<sup>rd</sup> October**

**Gold Coast Arts Centre**

Our Year 12's have 2 pieces on this night as well as being involved in the opening numbers.

Time: 7pm – 9.30pm

Tickets are available from the Gold Coast Arts Centre

Adults (18+) \$15

Concession (-18) \$10

Phone: 5588 4000 (for bookings)

**The date for the next P & C Meeting is Tuesday, 10 November at 6pm. The meeting will take place in the Common Room.**

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