



Robina

State High School

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Weekly Newsletter



Queensland
Government
Education Queensland

WEEKLY FOCUS:

'Respect Others' Rights'

Key dates for Term 4:

Mon, 9 Nov - Awards Night

Mon, 16 Nov - Year 12 Graduation

Fri, 20 Nov - Year 12 Formal

Fri, 27 Nov - last day Years 10, 11

Fri, 11 Dec - last day Years 8, 9

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.

World Teachers' Day - A Time To Say Thanks

This Friday, 30 October, is World Teachers' Day. Celebrated in more than 100 countries, World Teachers' Day acknowledges the efforts of teachers in an increasingly complex society.

Every day teachers are building skills that translate into future careers. They are shaping our future workforce and creating the next generation of leaders and innovators.

The Department of Education and Training also recognises the outstanding work of its teachers through the Showcase Awards for Excellence in Schools, Teacher Excellence Career Milestones and 25-year Service Medallions, presented each year on World Teachers' Day.

TAFE – SCHOOLS PROGRAM FOR 2010

Please be aware that the following courses are now FULL for next year:

Cert II Hairdressing

Cert III Children's Services

Cert III Health Services Assistance

Cert II Automotive Mechanical

Cert III Fitness

Cert III Live Production, Theatre & Events

As of today, places are still available in the following courses:

Cert III Business

Cert III Information Technology

Cert III Hospitality

Cert III Tourism

Cert III Events

Cert III Media

Cert I Engineering

Cert I Boating Services

The phone number for telephone enrolments is: 5581 8300. To enroll over the phone you will need a credit or debit card.

Contact Mrs Bateson in the Student Pathways Office on: 5562 3448 for details of courses or for any TAFE information.

PAYMENTS OFFICE:

SALLY BULLPITT

Please be advised that from week beginning Monday, 9 November 2009, the Student Payment Office will be open Monday to Thursday each week (closed

Fridays). Payments can be made by students before school, morning tea and lunchtimes only.

Payment by students will not be possible at any other location within the school on Fridays. All student payments must be made between Mondays to Thursdays.

Parents will still be able to make payments at the Parent Centre between 8:00am and 4:00pm, Monday to Friday.

STUDENT PATHWAYS DIRECTOR: JEANETTE MCDONALD

SOUTHBANK TAFE OPPORTUNITY

Southbank TAFE has a STEP program, which allows students to begin a one day a week Diploma course in Year 11 or 12.

This is designed so students can move seamlessly into the full time course when they finish school. All of their courses are on offer. Students should come to the Student Pathways Office for full details and enroll online.

CERTIFICATE II ELECTROTECHNOLOGY

TAFE is running a Cert II Electrotechnology course for one day a week in 2010 - 2011 at only \$90. This course is the pre-course for students interested in becoming an Electrician, or anything else in the electrical field. All candidates must sit a literacy and numeracy test late next week before final offers are made. Please come and ask for full information and registration at the Student Pathways Office in Admin.

YEAR 8 & 9 - ALTERNATIVE LAST WEEK

If you have a student new to the school, you may be unaware of the last week arrangements for Years 8 & 9. From Monday 7 - Thursday 10 December, we offer an alternative program to students. We offer costed and non-costed activities each day. The costed activities are: a day at Wet 'n' Wild, a Burleigh Indoor Sports morning, pre-release movie at Robina Town Centre and a Beach Carnival. Each day we offer interesting and varied activities at school such as mini-Olympics, latest release movie, construction challenge, karaoke and a treasure hunt. Full information with permission/payment forms will be issued to students in 2 weeks.

SCHOOL BASED HEALTH NURSE: HELEN DREDGE

!!! ** * Energy Drinks * * * !!!

Energy drinks have become very popular with young people. Energy drinks (Red Bull, Red Eye, and V) **aren't sports drinks and won't re-hydrate you!** Instead they have large amounts of sugar and caffeine and Guarana; which is actually a Brazilian plant, that contains caffeine. Don't be influenced by the addition of B group vitamins and taurine (a protein) as these are easily obtained by eating a balanced diet.

Excessive intake of sugar can not only cause weight gain but also lead to type 2 diabetes, the sugar and acid in the drinks can dissolve the enamel on your teeth and lead to yellow discoloured & sensitive teeth. These drinks can make you feel hyperstimulated and anxious and cause problems sleeping at night

A recent Choice magazine study looked at all of these drinks and compared them with coffee and tea. **One can of Red Eye contained four times the amount of caffeine as a regular cup of coffee.** Red Bull and V contained twice as much caffeine as a regular cup of coffee. **All these drinks contained at least 12 teaspoons of sugar,** with some having even more! You wouldn't put that much in a cup of coffee!

Caffeine is a stimulant and small doses can be healthy (1 to 4 moderate cups of coffee per day). Unfortunately some young people are consuming 2 or more cans of these drinks per day and putting themselves at risk from these large doses of caffeine. Large amounts of caffeine can cause anxiety, sleep disturbance, bed wetting, heartburn, stomach ulcers, osteoporosis (weak bones that break easily) high blood pressure, heart problems and even a heart attack. Caffeine is also addictive and you may become dependant on it to function normally.

A recent article in the Courier Mail told of a 23 year old woman who suffered a mild heart attack after drinking 10 cans of Red Bull a day for eight months. She now has a heart murmur, and stomach and bowel problems.

If you really need to consume these drinks, go for the ones with low caffeine (less than 80mg) and have only one per day. Alternatively water is always the best because it is cheap, easy to get and will keep you hydrated! Or better still why not try adding a squeeze of lemon juice. The lemon juice not only has vitamin C but helps to neutralize excessive acid most of us have internally in our bodies.

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 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 October.

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 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



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 October.**

CASUAL POSITIONS:

Trade Secret are opening in Burleigh in the near future and they are looking for casual staff – previous experience is not essential. They are holding an Info Day for anyone interested this Saturday (31 Oct), at 2 – 5 Santa Maria Court, Burleigh Heads.

The Day commences at 10am. If you are interested, please collect an application form from Student Pathways Office and take this along with you on the day. **Contact Leigh Roberts on: 0407 709245 if you have any queries.**

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.

2010 Industry Scholarship Program – Now Open for Applications

Applications are now open for the 2010 Industry Scholarship Program, commencing January next year.

Valued at \$22,000, the Scholarships for the Diploma of Hospitality Management will provide recipients with an internationally recognised qualification delivered by the Hospitality Training Association Inc, the industry pathway to a career in hospitality.

Applications for the 2010 Scholarship Program close **Friday, 20 November 2009 (5pm).** Come and see me in the Student Pathways Office for further details.

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 III in Outdoor Recreation

Walkin' On Water Surf School at Coolangatta through the College of Surfing. Must be willing to work weekends. **Closes 31 October.** More information is available on 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)



STUDENT PATHWAYS OFFICE: LYNNE BATESON

Would any student who has enrolled at TAFE this week for the Schools Program in 2010, PLEASE COME AND SEE ME, to advise which course you are participating in! Thank you.

**MACKINTOSH COLLEGE -
CERTIFICATE II in HAIRDRESSING for 2010**

Available for 2010 and enrolling now, the cost of this course is \$1196.00 for the year.

During the course you will learn how to:

- Develop hairdressing industry knowledge
- Prepare clients for salon services
- Assist stylists in a salon
- Dry hair to shape

COURSE INFORMATION

- Course Duration - 1 year
- Commences February 2010
- Articulates into Certificate III in Hairdressing

Course Application Fee	\$100
Term Tuition Fee	\$199
Term in Advance (Total course fee is payable over 4 terms = 4 payments of \$199)	
Material Fee	\$300

For further details of competencies covered or how to enroll, call Dianne Mackintosh on: 0413 310456.

Griffith University are holding **Options Information Sessions on Tuesday, 22 December from 4pm – 7pm. There are over 300 degree courses across 5 campuses.**

To register your attendance, telephone: **07 3735 1004** or go to: **griffith.edu.au/options2010**

**ASA – Australian Sports Academy -
Careers Information Day for 2010**

Saturday, 31 October 2009 10am – 4pm
Location: ASA Campus – Runaway Bay Sports Super Centre, Sports Drive, Runaway Bay QLD 4216

ASA - Australian Sports Academy offers a variety of qualifications in a range of sporting fields such as: Sports Coaching, Sports Development, Sports & Recreation, Football Coaching, Sports Management, Sports Marketing, Fitness, Events (Sport)m, Sports Officiating, Sports Trainer, Sports Administration, Facility Management & Career Oriented Participation

**Offering Nationally Recognised
Training Qualifications throughout Australia.**

To enrol or enquire please call: **1300 656 693**

5 Free workshops entitled 'The Nuts & Bolts of Parenting Teens' are happening on Wednesdays in November and December from 6 – 7.30pm in Gaven Central. All Parents are welcome and light refreshments will be provided. Registration is essential as places are limited – call 5500 0374 to register your interest or for further information.

AICA Education are holding an open day on Sunday, 1 November from 2pm – 4pm. This may be of interest to you if you are interested in a career in: Design, Art, Photography etc.

Call 5532 0042 or email lara.kitchenham@aica.edu.au for further details.

UNIFORM SHOP: ANGELA CORIC**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. (Conditions apply).

YEAR 12 SENIOR FORMAL

Table bookings are now being taken in the Uniform Shop. There are 10 people to a table (a minimum of 7 people can be booked). 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.

Year 11's - Senior Jerseys

Senior jerseys for 2010 can now be ordered!!! Sizing kits & order forms are available in the Uniform Shop. Choose your name or nickname, up to 14 characters long. Any keyboard key symbols may be used.

Shirts cost \$85 each & orders can be placed on Tues, Weds & Thur only. Payment must be made in full at time of ordering.

Closing date for orders: Thursday, 19 Nov.