We have had a busy fortnight and will finish off the term on a successful note.

Report cards are currently being finalized and will be mailed to you in coming days. I am sure that for the majority of students, hard work will reap strong results. I look forward to reflecting on our achievement data with the community early next term and also meeting many families at Parent Teacher Interviews.

Can I encourage you to come along and meet with your child's teachers? Our mantra “Believe and Succeed” is best achieved by parents, teachers and students working together through positive, respectful and supportive relationships and interviews are a great way to form them.

Our Harmony Day celebrations extended to three days.

As a community, we recognize that, in our rapidly globalising world, students must have an international mindedness that equips them with an international perspective and intercultural understanding. Our three days of celebrations certainly reinforced this. Events included our International students sharing their stories, a moving Assembly, Obento box fundraiser and House Art Competition.

All events were very well organized and received, and I thank all staff and students who played roles in these important school annual celebrations.

Two important investiture ceremonies took place this past fortnight. We acknowledged 3 groups of students who have taken on additional leadership roles to support and value-add to the Robina State High School community.

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THE ROBINA LEOS INDUCTION CEREMONY 21/3/12

Last Thursday the Robina High LEOS club held its annual induction ceremony, where we were pleased to welcome six new LEOS to the team, as well as installing the new board of directors.

All LEOS, new and existing, were actively involved in the ceremony- with students from year 8 to 11 doing a marvelous job in their given role.

Special mention must also be made of Lisa Plessius in Year 9, who delivered an outstanding performance as Chairperson for the event; Faculty advisor Sally Gower, Robina Lion Les Thirwall; and year 11 students Chloe Marshall and Ashleigh Ross, who worked tirelessly in the events leading up to the day.

LEO stands for “Leadership, Experience and Opportunity”, or, as Zone Chairman Lion Peter Wilson says, “Let’s Enjoy Ourselves.”

Any student interested in becoming a LEO is welcome to join us at the next meeting!

LEOS MEET EVERY THURSDAY AT MORNING TEA IN THE LIBRARY
Kids typically face many Hardships, Frustrations and Difficulties as they go through different stages of development. Pets pass away; friends move town; families move home and kids change schools; children miss being picked for a team; teens are left off party invitation lists.

How stressful these everyday events are for children will depend on many factors including their own spirit, the support they get from home and their coping skills.

Coping with Hardships, Frustration and Disappointments (HFD's), both big and small is part of growing up. Some kids cope with stressful or difficult situations better than others. They seem to naturally get by. Others need parental input to help them cope with seemingly minor situations.

It's useful to reflect on how you cope when life throws you a curve ball. Healthy adults develop a series of coping mechanisms to draw on, often instinctively, when they experience stress or some difficulty so that they don't become overwhelmed.

Strategy 1: Laugh about it
Strategy 2: Don't let it spoil everything
Strategy 3: Get away from it all
Strategy 4: Get some help
Strategy 5: This is normal
Strategy 6: See the silver lining
Strategy 7: Hang in there
Strategy 8: Blame fairly
Strategy 9: Accept what's happened
Strategy 10: Keep your perspective
Strategy 11: Be flexible with your thinking
Strategy 12: Let's set a goal or two

Watch the following Newsletter for the Coping Strategies.
HARMONY WEEK at ROBINA HIGH

Last week we celebrated Harmony Day on Thursday 21st March and enjoyed a variety of activities focussing on valuing the many cultures that make up our school.

This year the theme of Harmony Day was “Many Stories – One Australia”. This is certainly true of our own school.

It is incredible how many different cultural backgrounds, languages and stories make up our school. On Tuesday many of our International Students presented their “story” about cultural differences in their country.

It was amazing to hear Dom tell us that he can be at school from 7 am to 10 pm often in China and to hear Luna, Marvin, Candee, Larissa and Kana tell us their stories.

On Wednesday we had a special Harmony Day Celebration Assembly.

Hiwot and Anney from Year 9 told us their stories and our International Prefects were presented with their badges.

On Thursday we enjoyed our annual Harmony Day House Art Competition where mixed teams of Junior and Senior Students worked together to paint a canvas on the Harmony Day theme. Special congratulations to Laver who won this year’s competition.

We are delighted to welcome 32 senior students to the role of International Prefect.

We look forward to their assistance during the year as we welcome over 300 International Students to our school.

Mrs Gray has been compiling a book of “Our International Stories” and it certainly makes interesting reading. The book will remain in our Resource Centre all year for our reading pleasure.

Sellina McCluskey
Head of Japanese and International Programs
Robina State High School
Gold Coast, Australia

OBENTOO FUNDRAISER RASIES $280

Many thanks to everyone who supported our Obentoo fundraiser last week. Many staff and students ordered Obentooos and we sold 140 Obentoos in total. International Prefects also approached many businesses in close proximity to our school and with their assistance we raised $280 to send to Japan.

These funds will join the Big Bentoo Fundraiser from all over Australia and be sent to the city of Minamisoma, where many families are still suffering from the effects of the 2011 Tsunami.

Special thanks should go to Kinoto Japanese Restaurant (2/110 Laver Drive, Robina) who reduced the cost of the Obentoos.

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Guidance Officer - Joy Wagstaff

We are living in an increasingly busy age, where the stressors of everyday living and raising a family are impacting on our mental health. Here is a simple exercise that when practised regularly, can help to ease stress and tension. Located on page 6. Students can make an appointment to see me (through the Parent Centre) if you feel the level of stress and tension are having an adverse effect on their wellbeing. Have a wonderful Easter break.

Sports News

SOUTH COAST SOCCER REPRESENTATIVES

Congratulations to Oskar Tycho and Lyndon Dykes who have made the South Coast Open Boys Regional Football team. The boys will compete at the State Championships in Brisbane in May. Emma Ellis also made the Open Girls Football team as a shadow player. Well done and we wish you all the best at the State Carnivals.

INTERHOUSE CROSS COUNTRY

This Thursday the 28th March we will be running our annual Interhouse Cross Country Carnival. House leaders will run some Interhouse novelty events after the main races with points going to towards the Cultural Cup.

The winning house and Age Champions will be presented at the conclusion of the carnival. The carnival will be a fun, healthy way to finish the end of term. Winners will be published next term.

ROBINA LIBRARY UPCOMING ACTIVITIES:

Illustration Workshop
Learn illustration techniques from artist, illustrator, and graphic artist Sharon Hindle, in a hands-on workshop. Held at Robina Branch Library on Monday 8 April from 10am to noon. To book contact 55 811 600.

Creative Writing
Get your creative juices flowing at a workshop designed to teach you the basics of short story writing and ideas for story generation. Held at Robina Branch Library on Wednesday 10 April from 2pm to 3.30pm. To book contact 55 811 600.

Freestyle
Hands on with creative craft, design and art. Held at Robina Branch Library on Wednesday 3 April. To book contact 55 811 600.
LEARNING TO RELAX

Relaxation is useful for reducing physical and mental tension. Relaxation helps people to: reduce worry and anxiety, improve sleep, and relieve physical symptoms caused by stress (e.g. headaches, stomach pains, diarrhoea or constipation).

The following exercise will help you learn how to relax. This exercise should take about 15-20 minutes. However, if you only have 5 minutes to spare, 5 minutes is certainly better than nothing!

1) FIND A QUIET AND RELAXING PLACE
   Choose a comfortable chair in a place that is free from noise and interruptions (make sure you take the phone off the hook). You may need to explain to your family what you are doing so that they will not disturb you. Telling your family may also reduce any embarrassment you may feel.

2) CLEAR YOUR MIND
   Try to clear your mind of all worries or disturbing thoughts. If these worries or thoughts drift back into your mind while you are relaxing, just concentrate on your breathing and you will find they will drift out again. Let your mind be clear and calm.

3) PRACTISE THE SLOW BREATHING METHOD
   Breathe in for 3 seconds and breathe out for 3 seconds, thinking the word "e l a x" every time you breathe out. Let your breathing flow smoothly. Imagine the tension flowing out of your body each time you breathe out.
4) RELAX YOUR MUSCLES
For each of the muscle groups in your body, tense the muscle for 7-10 seconds, and then relax for 10 seconds. Relax your muscles in the following order:

- **Hands** - curl hands into fists, then relax.
- **Lower arms** - bend your hand down at the wrist, as though you were trying to touch the underside of your arm, then relax.
- **Upper arms** - tighten your biceps by bending your arm at the elbow, then relax.
- **Shoulders** - lift your shoulders up as if trying to cover your ears with them, then relax.
- **Neck** - stretch your neck gently to the left, then forward, then to the right, then to the back in a slow rolling motion, then relax.
- **Forehead and scalp** - raise your eyebrows, then relax.
- **Eyes** - screw up your eyes, then relax.
- **Jaw** - clench your teeth (just to tighten the muscles), then relax.
- **Tongue** - press your tongue against the roof of your mouth, then relax.
- **Chest** - breathe in deeply to inflate your lungs, then breathe out and relax.
- **Stomach** - push your stomach out to tighten the muscle, then relax.
- **Upper back** - pull your shoulders forward with your arms at your side, then relax.
- **Lower back** - while sitting, lean your head and upper back forward, rolling your back into a smooth arc thus tensing the lower back, then relax.
- **Buttocks** - tighten your buttocks, then relax.
- **Thighs** - while sitting, push your feet firmly into the floor, then relax.
- **Calves** - lift your toes off the ground towards your shins, then relax.
- **Feet** - gently curl your toes down so that they are pressing into the floor, then relax.

5) ENJOY THE FEELING OF RELAXATION
Take some slow breaths while you sit still for a few minutes enjoying the feeling of relaxation.

PRACTISE ONCE OR TWICE EVERY DAY FOR AT LEAST 8 WEEKS

DURING THE DAY, TRY RELAXING SPECIFIC MUSCLES WHENEVER YOU NOTICE THAT THEY ARE TENSE

Sutherland Division of General Practice
**Student Pathways Opportunities**

Student Pathway opportunities for traineeships, work experience and courses are available from Mrs Allen at the Student Pathway Office or can also be found on the School website: http://robinashs.eq.edu.au/wcmss/index.php/student-pathways.html

School Based Traineeships / Apprenticeships (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.

Students applying for traineeships must have an interview with Mrs Allen prior to application.

**What is Work Experience?**

Work experience involves working with an employer and staff, at their workplace in an industry you may be interested in. It usually goes for five weeks with students going one day per week, or you can attend during the school holidays.

Work experience is unpaid. Mostly, you do basic ‘entry level’ duties.

Work experience is the most effective way to decide and prepare for a future career. You will get: Hands-on experience in a real workplace A head-start for a traineeship/apprenticeship or part time work Experience and skills to put on your resume Employers are more likely to employ you if you have experience. That’s because you will have a good understanding of what’s involved in the job, plus you will have real experience.

All students wanting to undertake work experience must complete ‘safety sense’ a workplace health & safety program for secondary students. Go online to http://www.deir.qld.gov.au/workplace/pdfs/safetysense/index.htm

**Career Information Sites**

- **My Future**
  http://www.myfuture.edu.au/
- **Job Guide**
- **Health Heroes**
- **Defence Jobs**
- **Job Outlook**

**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.

This is nationally recognised and issued to a person who successfully completes competency unit CPCCOHS1001A (Work Safely in the Construction Industry). People that require this card include the self employed, apprentices, trades persons, labourers and anyone working on a construction site (e.g. students on structured work placement).
Certificate III Business Administration
Government Learning Institution
Ashmore – Educational Office
Southport – Sales & Marketing

Both positions require a well presented student with attention to detail, very competent typing and computer skills, very competent typing and computer skills and outgoing personality

This position could lead to a full time Administrative role after Year 12

Certificate III in Business Administration (B)
- Robina - Barrington Group (Registered Training Organisation)
- Robina - Transit Group Australia
- Varsity Lakes - Australian Institute of Creative Design
- Mudgeeraba - Gold Coast Junior Rugby League
- Broadbeach (Pacific Fair) - Academy of Design
- Molendinar - Surfers Buslines
- Currumbin - Currumbin Wildlife Sanctuary
- Helensvale - Gold Coast Floristry Management Company
- Studio Village/Helensvale - Village Community Services

Certificate III Business Administration (MEGT)
Nerang - Fashion Industry (Open to students in Years 11 -12)
Nerang - Building Industry (Year 11 and 12)
Surfers Paradise - The Source Magazine
Bundall - Keen Consult

Certificate III Business (Retail Focus)(B)
- Broadbeach (Pacific Fair) Brazilian Express - Front desk, customer service, large of range of service. Great if interested in beauty industry.
- Helensvale - Eckersley’s Art & Craft
- Helensvale - Local Newsagency
- Across Gold Coast - Supercheap Auto (must have a real interest in automotive)

Certificate III Business Administration (Aurora)
- Nerang - Flim Flams The Party People - You must have a creative flair.
- Broadbeach - Giant Chemist
- Currumbin - Pets Wonderland

Certificate III in Business (B)
Southport - Busy At Work Apprenticeship Services

Certificate II in Retail (Upskill)
- Nerang - Zarraffa’s Coffee (Work day Monday)
- Subway - Robina, Easy T Robina, Ashmore, Surfers Paradise, Arundel and Pacific Pines

Certificate II in Community Pharmacy (BUSY)
- Southport - Terry White Chemist - or Cert III Retail

Certificate II Meat Processing (Food Services) (MEGT)
Bundall - My Gourmet Meats

Certificate II Meat Processing (Retail Butcher) (MEGT)
Bundall - My Gourmet Meats

Certificate III Children’s Services (MEGT)
Nerang East - Year 10 or Year 1 student who is motivated and interested in a career working with children.

Certificate III Laboratory Skills
Yatala - Technical Fabric Services Aust
## School Based Traineeships - Current

### Certificate III in Hospitality (Aurora)
- Broadbeach - Gourmet Espresso
- Burleigh Heads - Cafe and Catering
- Gaven Heights - Pizzeria
- Helensvale - Crema Espresso
- Helensvale - The Coffee and Crepe Cafe
- Marina Mirage - Cafe
- Surfers Paradise - Cafe
- Varsity Lakes - Restaurant
- Varsity Lakes - Pizzeria

### Certificate III Hospitality (B)
- Helensvale - Healthy Habits
- Surfers Paradise - Gloria Jeans
- Sanctuary Cove - Coffeeelicious
- Chirn Park - Neptune Pizzas
- Surfers Paradise - Seafood Empire
- Southport - Cafe Piazza
- Surfers Paradise - Outrigger Hotel
- Mudgeeraba - Thai Mudgee
- Burleigh - Thai Wicked Wok
- Helensvale - Bucking Bull
- Chocolate House

### Certificate III in Hospitality (Ignite)
- Currumbin RSL
- Nobby Surf Life Saving Club (Wednesdays and weekends only)
- Tallebudgera Surf Life Saving Club
- Broadbeach - Coffee Club
- Mermaid Beach - Maries Pizza
- Helensvale - Maries Pizza

### Certificate III Hospitality (MEGT)
- Hungry Jacks - Robina, Nerang & Southport
- Mudgeeraba - Wallaby Hotel
- Kurrara Surf Club
- Southport RSL
- Southport Workers Club
- Pacific Fair - Mrs Fields
- Pacific Fair - Zushi Sushi
- Broadbeach - Toast at Oasis
- Pacific Fair - Gourmet Espresso
- Robina - N Cafe
- Helensvale - Michel’s Patisserie
- Robina - New Zealand Natural
- Burleigh Heads - Zarraffa’s

### Certificate II in Kitchen Operations (MEGT)
- Broadbeach - Kurrawa Surf Club

### Certificate III Commercial Cookery (Chef) (B)
- Currumbin RSL - 2 positions available

### Certificate III Commercial Cookery (Chef) (B)
- Surfers Paradise - Seafood Empire
- Surfers Paradise - Outrigger Hotel
- Surfers Paradise - Coast Steak & Seafood

Information, interviews and selection session will be held at Wallaby Hotel on Monday 18th February 6.30pm to 10.00pm. Bring your resume, a parent and be dressed to impress.

## School Based Traineeships - Current

### Certificate III in Hospitality (AHA)
- Robina - Bar/Gaming and Restaurant

### Certificate III Hospitality (Icon)
- Broadbeach - Restaurant
- Burleigh - Restaurant
- Nerang - Cavery
- Main Beach - Restaurant
- Southport - Cafe

Industry Liaison Officer
Robyn Allen
Student Pathways RSHS
Mid-year intake for the ‘Certificate I in Boating Services’ is now open for applications. Applications will be online like previous intakes, and can be found on our GCIT website. Please select the link below to start the Application process. Students will have to submit an online application to be considered for the course.

www.surveymonkey.com/s/qlxx2rb

Students will need to apply online before close of business Friday 24th May. The Schools Program code is robina.

Please note: This program runs at our Coomera campus starting on Friday 12th July – 22nd November. As a result students will not get their grades in before the deadline of the 1st November for QCE points. If any Year 12 students are interested they will need to understand that this course will not be able to credit towards their QCE due to the later close of study.

Work Experience

Closes 5.00pm Friday 12th April.

QUEENSLAND POLICE SERVICE YEAR 12’S

Application packs are available from Student Pathways for students wishing to participate in work experience placements within the Queensland Police Service, Gold Coast.

Please be advised that THREE (3) only weeks are available for work placements.

- 17th June - 21st June 2013
- 24th June - 28th June 2013
- 1st July - 5th July 2013

Sections within the Police Service (Gold Coast District) where successful applicants WILL be placed include:
- District Crime Prevention Unit (Broadbeach)
- Police Youth Clubs (Broadbeach, Ashmore, Nerang)
- Gold Coast Water Police (Main Beach)
- Police Prosecutions Corps (Southport)
- Police Shopfronts (Australia Fair, Pacific Fair, Robina)

The above stations are throughout the Gold Coast and therefore students will need to arrange their own transport.
For safety reasons students offered work placement WILL NOT be permitted to work in operational policing situations that includes general duties policing (i.e. travelling in police vehicles).
‘Light It Up Blue’ for World Autism Day

You are invited to join with Bond University and the Centre for Autism Spectrum Disorders (CASD) in partnership with Autism Gold Coast to ‘Light It Up Blue’ in recognition of World Autism Awareness day on Tuesday 2 April, 2013.

In 2012, more than 3000 iconic buildings and landmarks in over 50 countries on six continents turned their lights blue in commemoration of World Autism Awareness.

This special event will see both the Bond University Arch Building and fountain on the lake flooded in blue light as we do our part to shine a light on autism awareness.

Children and their families, industry professionals, community members and Bond staff and students are all invited to join in the celebrations in recognition of this significant day.

Date: Tuesday 2 April, 2013

Time: 5.00pm - 7.00pm

Location: Under the Arch
Bond University
University Drive, Robina

RSVP: For catering purposes, registration is essential. Please visit www.bond.edu.au/hssevents to register

We look forward to welcoming you to Bond University. For further enquiries, please contact the Centre for Autism Spectrum Disorders at Bond University on 07 5595 1596 or email casd@bond.edu.au.
South East Queensland Regional Championships
Friday 3rd May to Sunday 5th May 2013
(please note this is not a long weekend)
Beaudesert Showgrounds
Something for everyone!
Dressage, Combined Training, Showhorse
Showjumping and Showman

Prizes Galore!
Trophies, Horse Rugs, Saddlecloths,
Ribbons to 10th place.
Random draw prizes for riders AND parents!

It will be great fun!

Go to nominate.com.au or Interschool Queensland for more information
Nominations open on the 24th March 2013 and closes on the 5th April.

Don’t miss out on this fabulous event.

Supported by:
Equissage, Tophorse.com.au, Local Horse Magazine and Event Photography, Prydes horse food, Horseland Ipswich, Saddleworld Ipswich, Capalaba Saddlery, Aitkens, Guy Crichton, Tor Vandenburg, Online Horse Supplies, Albert River Winery, Beaudesert Stock Feeds, STC, Sheena’s Rugs, Cheryls Sheepskin, Crazy Horse, Elegant Equestrian Outfitters, Jakes Gifts, Zupps Colorado, Veronicas Coffee, Reg Rug man,