Welcome back to term 2

Anzac Day
Last Wednesday, our school community paused to commemorate Anzac Day. Many thanks to the important members of our community who attended our special ceremony:

- Councillor Jan Grew
- Bruce Duncan (Karen Andrews MP Mudgeeraba)
- Keith Anderson (President Legacy)
- John McIntyre (President of Lions Robina)
- Les Thirlwall - (Lions Robina and Robina High Leos Coordinator)
- Steve Boyle (Past President RSL)
- Ron Slaughter, Peter Wraith and Ian Martin (Mudgeeraba RSL Representatives)

Teacher Blair Tonkin shared his own personal ANZAC day story involving his grandfather, and Year 9 student Luke Creasy impressed with his playing of “The Last Post”. Congratulations to all students on their behaviour and manners.

Robina State High School was also well represented by staff and students at community services at Robina and Mudgeeraba, with our school leaders also attending a Brisbane service. I felt really proud to be able to march with the students who were clearly committed to keeping the Anzac spirit alive.

Parent Teacher Interviews
These take place this week on Wednesday 1st May. Information was sent home with students last week plus an additional text was sent early this week.

We encourage all parents to meet your child’s teachers as these positive relationships can only enhance your child’s engagement with the school. Please bring them along with you to the interviews to encourage their active involvement in this process. Hope to see many of you there.

P&C Meeting
Our next P&C meeting will take place on the 14th May and, again, can I encourage you to come along. I will be briefing parents around outcomes from the school’s Teaching and Learning Audit which we will be undertaking on the 6th and 7th May. We will also be discussing an approach to encourage the wearing of hats for 2014.

Website
You can view our new website at www.robinashs.eq.edu.au. It captures all that is great about our school.

Best wishes, Julie
NAPLAN

All Year 9 families have recently received important correspondence regarding the approaching NAPLAN testing program. These tests will be held throughout the nation on 14, 15 and 16 May 2013. School results will help inform our teaching practices and support for students. The table below summarizes times and components of the tests.

<table>
<thead>
<tr>
<th>Tuesday 14th May</th>
<th>Wednesday 15th May</th>
<th>Thursday 16th May</th>
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<tbody>
<tr>
<td>Language Conventions</td>
<td>Reading</td>
<td>Numeracy (calculator)</td>
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<td>9:35 m (45 mins)</td>
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<td>Morning Tea</td>
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<td>Writing</td>
<td>Writing</td>
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<td>11:00am (40 mins)</td>
<td>11:00am (40 mins)</td>
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You can assist your child to perform their very best by ensuring they have a good night’s sleep and eat breakfast prior to testing. It is important they arrive at school with plenty of time to spare and have all the necessary equipment including:

- 2 x 2B or HB pencils
- Pencil sharpener
- Eraser
- 2 x blue or black ballpoint pens
- Calculator (mobile phones are not permitted)

Students who bring the correct stationery items and a calculator to school will go into the daily draw to win movie tickets.

You are encouraged to look at the NAPLAN website (www.naplan.edu.au) which contains information on all aspects of the national tests. I look forward to sharing the results of our Year 9 NAPLAN testing when we receive them later in the year.

Anzac Day

Years 8-12 had an outstanding day commemorating Anzac Day. The students and staff showed great pride in their efforts, particularly in the manner they participated in the dawn service at dawn. The day was very successful, and a great day was had by all.
Teaching and Learning Audits
As part of an initiative to improve student learning in Queensland state schools, Teaching and Learning Audits are conducted in every Queensland state school to provide quality feedback on how the school is performing and to inform school planning processes.

The audits are usually carried out every four years or following the appointment of a new school principal. A school community may request another audit within the four-year cycle, however no more than one audit will be conducted at the same school within a 12-month period.

During the audit, an independent, experienced school principal visits the school to collect a range of data and information about school practices, programs and procedures in the area of teaching and learning. Interviews will also be conducted with staff, students and the P&C President to gather a range of perspectives on school strategies and practices.

The audit will usually take one to two days, depending on the school’s context and size. The school will receive the auditor’s report within 15 days and key findings will be discussed with the principal, the school’s leadership team and the school staff.

From this report, the executive summary and eight-page profile will be made available to parents and caregivers on the school’s web site. The principal will work with the school community to include any recommendations in the school’s forward planning.

For further information about Teaching and Learning Audits, please contact your child’s school or visit www.education.qld.gov.au/nationalpartnerships/teach-learnaudits.html.

Year 10 News
Well Term 2 is off to a flying start!
Our first Monday assembly featured the Hamburger draw for our Year 10 Positives Program. Our lucky winners were selected from all students who had been nominated in Term 1. More nominations mean more chances of winning!
Aimee Littleboy
Rebecca Walters-Kemmerer
Keira Langenberger
Matthew Ho
Olivia Munro
Bobby Pepe

These students were our winners and made their own custom hamburger at the Staffroom 5 BBQ lunch last Friday with Mr Graham Herlihy as Masterchef. It was interesting to see the salad options on the hamburgers. Our winning teacher, Mrs Sarah Sultmann donated her hamburger to one of her SOSE class students, Andrew Hills.

We have already started our Positives Program for this term and are looking forward to plenty of worthy nominations from classroom teachers. Molly Pryde from 10K won the canteen voucher this week.....well done!

I am very proud of the way our Year 10 students are following the Robina SHS uniform policy. Remember, students can only wear the uniform jumper or jacket and winter will soon be upon us!
Regards,
Todd Campbell
Year 10 Leader
Sports News

INTER-HOUSE CROSS COUNTRY
The annual inter-house cross country was a great success held on the last day of Term 1. Students were given the opportunity to run in either the competitive race or the participation race gaining points for their House. The final results were extremely close, with Franklin taking out first place for the second time this year. Franklin has not won a cross country championship since 2000. What a fabulous effort! Congratulations to the age champions (see below) who took out first place in their respective age groups.

HOUSE RESULTS
1st Franklin 292  
2nd Hinze 283  
3rd Gooding 271  
4th Laver 265  

AGE CHAMPIONS

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<thead>
<tr>
<th></th>
<th>Boys</th>
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<th>Girls</th>
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<tr>
<td></td>
<td>Name</td>
<td>House</td>
<td>Name</td>
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<tr>
<td>13 Years</td>
<td>Malachi Berlowitz</td>
<td>F</td>
<td>Courtney Patterson</td>
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<tr>
<td>14 Years</td>
<td>Dylan Morley</td>
<td>G</td>
<td>Jasmine Lloyd</td>
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<tr>
<td>15 Years</td>
<td>Kai Judd</td>
<td>H</td>
<td>Georgia Forden</td>
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<tr>
<td>16 Years</td>
<td>Sam Wallis</td>
<td>L</td>
<td>Emily Forden</td>
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<tr>
<td>17+ Years</td>
<td>Ben Young</td>
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<td>Jasmine Whybird</td>
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DISTRICT CROSS COUNTRY
All students who finished in the top 10 for their age group at our school cross country will be given the opportunity to represent Robina at the Oceanic Cross Country Championship held at Pizzey Park on Thursday 23, May. There will be no cost to compete in this event and I would love to see as many students as possible representing our great school. We have new sport singlets to wear (thanks to the P&C), so we are going to look smashing!! Permission forms will be forwarded to students next week.
Robina State High School LEOS Club

MOTHER’S DAY COLLECTION
for the ladies of Tore Village, Fiji - 2013

On behalf of Robina State High School, LEOS are calling for pre-loved lipsticks, earrings, handkerchiefs, sarongs, underwear, face washers, hand towels and tea towels.

With winter approaching, the village ladies also appreciate winter scarves, light-weight cardigans, jackets and light blankets.

Please check your drawers and cupboards for items you can spare to support our friends in Tore Village.

Donations will be collected at the Parent Centre until Monday 6 May

A coin collection will run in promote classes this week to assist with freight costs. THANK YOU!

LEOS Club

Want to make a difference? Our school LEOS club is attracting a lot of interest in the school community. We have a fantastic leadership team headed by President Chloe Marshall. There are lots of ways you can be involved. New members are welcome from all year levels. Come along to the Resource Centre on Thursdays at recess and see what it is all about.

Youth Health Nurse: Helen Dredge

Food for thought with the new Australian Dietary Guidelines to eating well and staying healthy:

(Adapted from Health Journey 2013 Issue 1)

In February, the Commonwealth Government launched the new Australian Dietary Guidelines. Aimed at encouraging healthy eating and reducing chronic, lifestyle-related diseases, they provide up-to-date information about the types and amounts of food we should eat for optimal health and wellbeing. They are based on 55,000 pieces of peer-reviewed, scientific research. These guidelines are focused on trying to help people achieve and maintain a healthy weight, but even if you don’t have a weight problem, eating well is protective against the chronic diseases that affect so many Australians today, such as type 2 diabetes, many types of cancer, and of course heart health issues.”

Diet-related chronic diseases are the leading cause of premature death and disability among Australian adults. A quarter of us are obese and 60 per cent are overweight. Too many of us are choosing energy-dense, nutrient-poor foods high in saturated fat, refined sugars and salt. As a result, we often miss out on the nutrient-rich foods we need to stay healthy, such as vegetables, fruits, proteins and wholegrain cereals. Being overweight or obese is hard on your joints, it can affect your quality of life, and it is a significant risk factor for chronic diseases.

The new guidelines are very focused on trying to reduce obesity; to turn it backwards and get the rates decreasing instead of continuing to increase. To encourage Australians to make healthy dietary changes, the guidelines provide clear and practical advice that focuses on food choices, rather than on nutrients. They recommend actual foods and at the same time, they try to give people a better idea about what appropriate serving sizes are. The recommendations are broken down into gender, age and life stage categories.

How can we make healthy changes?

We know that one thing most Australians don’t do very well is eat enough vegetables. At your evening meal, for example, look at what’s on your plate. Make sure there are vegetables there and make sure they take up about half to two-thirds of the plate. We also need to look at our portion sizes. In the new guidelines, they’ve reduced the serving size for grain or cereal foods. They used to say a serve of grain foods was two slices of bread and now they’ve made that one slice of bread.

For the new guidelines to be effective, Australians need to adopt them. But it’s up to the individual consumer to actually make those changes.

Do you need more information? You can review a variety of information on this website regarding nutritional needs. www.eatforhealth.gov.au, was launched in conjunction with the new guidelines. Here, you can read the full recommendations, and find easy-to-digest information, nutrition calculators and sample diets. If you have specific questions, call Nutrition Australia’s Queensland Division on (07) 3257 4393. You can also find healthy meal ideas on their website (www.healthyfood-healthyplanet.org).
PARENT TRAINING COURSE

A four session parent training program for parents and caregivers of children aged 2-12 years old will be held on Thursday 16th May, 23rd May, 30th May, and 6th June, 2013 from 6:00pm-8:00pm

In this program you will learn:

- To understand your children’s behaviour better
- To promote and build healthy relationships with your children and a positive learning environment
- To encourage desirable behaviour and set clear expectations
- Some strategies to deal effectively with misbehaviour
- To look after yourself as a parent

Total Cost: $20 per person/couple
Place: Bond University Psychology Clinic, Bond University, University Drive, Robina

To register contact the Bond University Psychology Clinic on (07) 5595 2527 or email psych_clinic@bond.edu.au.

ASSERTIVENESS TRAINING GROUP

A six session assertiveness training group for adults wanting to improve their relationships and communication style*

This program will be held on Thursday 16th May, 23rd May, 30th May, 6th June, 13th June, and 20th June 2013 from 6:00pm-8:00pm

In this program you will learn:

- To control stress and anger
- To improve your coping skills
- Improve direct and honest communication skills
- Learn to effectively state your needs
- And, to look after yourself

Total Cost: $30 per person
Place: Bond University Psychology Clinic, Bond University, University Drive, Robina

To register call (07) 5595 2527 or email psych_clinic@bond.edu.au.

Social Confidence Training For Teens

This is a four session social confidence training program for students in Years 7, 8 and 9 to help feel greater confidence:

- Making friends
- Speaking in public
- Talking to strangers
- Performing on stage
- Accepting criticism
- Going on dates
- Making phone calls
- Going out in public
- Speaking up in a meeting
- Attending social gatherings

Dates: 9th May, 16th May, 23rd May, and 30th May (2013)

Time: 4:00pm-6:00pm

Total Cost: $20 per person
Place: Bond University Psychology Clinic, Bond University, University Drive, Robina

To register call (07) 5595 2527 or email psych_clinic@bond.edu.au.
The Entertainment Book

The Entertainment™ Book features many of the area's best restaurants, cafes, accommodation, attractions and activities, with up to 50% off and 2-for-1 offers!

Purchase the new Gold Coast and Northern New South Wales Entertainment™ Book for just $55 and you’ll receive over $15,000 in valuable offers you can use from now until 1st June, 2014.

Plus, the good news is that $11 from your Book purchase goes towards our fund-raising!

2013 GOLD COAST CAREERS EXPO

THURSDAY 9th MAY

THE RACV ROYAL PINES RESORT

ONE DAY ONLY
9am - 8pm

Mastering Your Career

FREE ADMISSION & PARKING

PRIZE DRAW 7.30PM
BE THERE TO WIN

FOLLOW US TO FIND OUT MORE

Meet with leading education providers, apprenticeship coordinators, employment agencies and gather information on courses, employment, traineeships, up-skilling or recognition of prior learning.

visit the website for full details on prizes and seminar timetables www.gccareersexpo.com.au

102.9 FM Hot Tomato INTERACTIVE SEMINARS MAJOR PRIZES LIVE STAGE SHOWS

StudyGoldCoast GCIT Suns

Avoca
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/wcms/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).

Industry Liaison Officer: Mrs Robyn Allen
Ph: 5562 3445 or email: ralle14@eq.edu.au
School Based Traineeships - Current

Certificate III in Business Administration (B)

- Robina - Barrington Group (Registered Training Organisation)
- Currumbin Wildlife Sanctuary - Must have reliable transport

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 Souce Magazine
Bundall - Keen Consult

Certificate III Business Administration (B)

- Southport - Busy At Work Apprenticeship Services

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.
- Across Gold Coast - Supercheap Auto (must have a real interest in automotive)

Certificate III Business Administration (Ignite)

Year 12
Broadbeach - Bick Pty Ltd (Body corporate Management

Certificate III in Business (Aurora)

- Broadbeach - Giant Chemist

Certificate III in Business (B)

- Mermaid Beach - PRA Consulting Psychology
- Southport - Wealthfarm Financial Planners

Certificate II in Retail

City Beach stores in Broadbeach, Surfers Paradise and Habourtown

Certificate III in Hospitality (B)

Robina - Gloria Jeans (Thursday only)
Burleigh Heads - Burleigh Heads Surf Life Saving Club
Mermaid Beach - Mermaid Beach Surf Life Saving Club
Helensvale - Gloria Jeans
Helensvale - Healthy Habits
Bundall - Cafe Nero

Certificate II Meat Processing (Food Services) (MEGT)

Bundall - My Gourmet Meats

Certificate II in Retail (Aurora)

- Helensvale - Baskin & Robbins
- Pacific Pines - Baskins & Robbins
- Biggera Waters - Newsagent
- Mudgeeraba - Thrifty Link
- Smart Arts Graphics
- Runaway Bay - Donut King

Certificate III Laboratory Skills (Busy)

Yatala - Technical Fabric Services Aust

Certificate III Engineering (Light Fabrication-Sheetmetal)

Coomera - CBS Steel. 7am start

Certificate III in IT (Digital Media)

Mermaid Beach - Computer Kidz

Certificate II in Community Pharmacy (BUSY)

- Southport - Terry White Chemist - or Cert III Retail
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 - Coffeeelasticious
- 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 (AHA)**
- Robina - Bar/Gaming and Restaurant
- Broadbeach - Restaurant
- Burleigh - Surf Club

**Certificate III Hospitality (Icon)**
- Southport - Cafe
- Robina - Club
- Main Beach

**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 III Commercial Cookery (Icon)**
- Hope Island - Restaurant
- Main Beach - Restaurant
- Coomera - Tavern

**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.

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Industry Liaison Officer
Robyn Allen
Student Pathways RSHS
The Schools Program offers secondary school students in year 10, 11 and 12 the opportunity to attend GCIT 1 day per week over 1 or 2 years to complete a Certificate I, II or III course. GCIT delivers Certificate qualifications in a wide range of industry areas including Construction, Hairdressing, Health, Fitness, Engineering, Tourism, Events, Children’s Services, Hospitality, Media and many more.

These courses are one-day-a-week at TAFE courses and all contribute to QCE credits. (Cert I=2, Cert II=4, Cert III=8)

Students need to come to Student Pathways office for an interview with Mrs Allen prior to application. They will need a code to validate their online application only given after a chat to Student Pathways.

Applications open now for 2014 Courses

Go to: http://gcit.edu.au/prospective-students/school-students/index.html for more information.

Certificate I Boating Services - Semester 2 2013

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.
TERM TWO TO-DO LIST:
- buy textbooks for Jason
- pick up Ella’s sports uniform
- find out more about Saver Plus!

Match your savings for school costs, dollar for dollar, up to $500.

You may be eligible if you have:
- a Health Care or a Pensioner Concession Card
- some regular income from work (you or your partner).

Contact Jasmin Dorrington, your local Saver Plus Worker:
07 5536 5613 / 0417 485 477 or
jasmin.dorrington@thesmithfamily.com.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in Gold Coast South by The Smith Family.
Saver Plus is funded by ANZ and the Australian Government.
Special screening for the RSPCA
Saturday 4th May at 5:15pm
Event Cinemas Robina

Join the RSPCA for a night at the cinemas, complete with red carpet arrival, welcome beverage, nibbles, lucky seat prizes, raffles and more! Popcorn, drink & goody bag also included. Tickets $49 or $90 for two.

Bookings required
Phone: 5586 2500
Email: aarnold@rspcaqld.org.au