While Term 3 is coming to a close next week, our core business still continues with Year 12 exam block this week and the task of providing feedback to students on their progress in recent assessments. In addition, many teachers will commence the teaching of new work for Term 4 next week.

Our objective of building a sense of global citizenship amongst our students continues next week with the departure of a student group visiting Japan. Their tour takes in Okinawa, Nara, Osaka and Tokyo, a highlight being the fantastic homestay experience with families of our long term friends at Okisho Gakkoin. For our Japanese students, this will be a wonderful opportunity to consolidate their language skills and experience firsthand the culture they have been learning about whilst at Robina State High School. After the holidays, we will also welcome a large delegation from Kumon High School with over 70 students heading our way for an Australian experience. Many thanks to all of the members of our school community who have agreed to host the students while they are here.

We also welcome our Year 8 cohort for 2014 to the school on Friday 20th September for Orientation Day. As well providing an opportunity for families to meet key staff and learn about school operations, our main goal is to build student excitement around coming to high school. I look forward to seeing some of you there.

Term 3 report cards will be posted at the end of next week. Please take some time to discuss your child’s term 3 progress and achievements. We look forward to moving into the last term of the year with a positive and focussed frame of mind. Year 12s graduate on Friday 15th November- how time flies!

I wish all students and their families a very restful and safe holiday. I look forward to seeing you all return for Term 4 on Tuesday 8th October.
Heads of Department

Arts: Ms Deb Derrick
Email: dderr2@eq.edu.au

Business: Ms Janet Smith
Email: jsmit788@eq.edu.au

English: Mrs Alison Kennan
Email: akenn36@eq.edu.au

Humanities: Mr Mark Shannon
Email: mshan13@eq.edu.au

HPE: Mr Adam Brandis
Email: abrand28@eq.edu.au

Industrial Design & Technology: Mr Steve Lamburd
Email: slamb21@eq.edu.au

Information Technology: Mr Nick Wood
Email: nwood32@eq.edu.au

Junior Secondary: Mr Ben Weeks
Email: bweek12@eq.edu.au

Lifestyle Management: Mr Steve Lamburd
Email: slamb21@eq.edu.au

Languages & International: Mrs Sellina McCluskey
Email: smcc13@eq.edu.au

Mathematics: Ms Ann Stoodley
Email: astoo2@eq.edu.au

Science: Mr Sam Wiseman
Email: swise8@eq.edu.au

Senior Schooling (Acting): Ms Janet Smith
Email: jsmit788@eq.edu.au

Date Claimers for Term 4

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Contact person</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 8th October</td>
<td>Term 4 commences for all students</td>
<td></td>
</tr>
<tr>
<td>October 14-18th</td>
<td>Various Year 11 camps/excursions-Geography, Biology, Tourism</td>
<td>Relevant Classroom teacher</td>
</tr>
<tr>
<td>Tuesday October 15th</td>
<td>P&amp;C meeting</td>
<td>Di Loddon</td>
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<tr>
<td>Monday October 21st</td>
<td>STUDENT FREE DAY</td>
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<tr>
<td>Wednesday 6th November</td>
<td>Instrumental Music End of Year concert</td>
<td>Selina Jones</td>
</tr>
<tr>
<td>Monday 11th November</td>
<td>Awards Night</td>
<td>Megan Tyne</td>
</tr>
<tr>
<td>Tuesday 12th November</td>
<td>Year 12 Graduation</td>
<td>Julie Swift</td>
</tr>
<tr>
<td>Friday 15th November</td>
<td>Year 12 Formal</td>
<td>Julie Swift</td>
</tr>
<tr>
<td>Friday 29th November</td>
<td>Last day Years 10 and 11</td>
<td></td>
</tr>
<tr>
<td>Friday 13th December</td>
<td>Last day Years 8 and 9</td>
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</tbody>
</table>

Please note that an alternative program will be offered to Year 8 and 9 students in the final week of school. It will be school based.

Year Leaders

Year 8
Mr Tait Conditsis
Email: tcond5@eq.edu.au

Year 9
Mr Matt James
Email: mjame19@eq.edu.au

Year 10
Mr Todt Campbell
Email: tcamp32@eq.edu.au

Year 11
Mrs Cath Harwood
Email: charw8@eq.edu.au

Year 12
Mrs Julie Swift
Email: jswift7@eq.edu.au

Student Absence Line:
5562 3430

“Student” Weekly Focus
10th August to 20th September
Mobile Phones out of sight and switched off.

Mrs Tyne and Mrs Tobin getting ready for Summer in their stylish hats

Our qualified support staff work hard to support the individual needs of our students.
Junior Secondary Update

The last few weeks of term 3 have been extremely productive in the Junior Secondary School at Robina SHS. Students have been busily preparing for and sitting various assessment tasks, participating in SET interviews, attending Year 8 camp and some students may even be working on applications to be part of our 2014 Junior Secondary student leadership team. Allow me to expand on some of these worthwhile events in the Junior School.

Year 8 Camp – Tyalgum Ridge Retreat

Year 8 students recently embarked on an intensive three day leadership camp held at Tyalgum Ridge Retreat. This purpose built facility is located just outside Murwillumbah in picturesque Northern New South Wales. This camp focussed on building leadership skills and further developing the cohesiveness of the year level.

Students participated in exciting activities which included downhill BMX-riding, archery, high and low-ropes courses, rock hopping, extreme rainforest hikes and a giant flying fox! All students were pushed beyond their comfort zones in these activities and discovered that they were capable of achieving much more than they thought.

Each night focused on specific tasks. The first was a games-based night which placed students into groups and aimed at strengthening student relationships. The second night’s focus was on goal setting, achieving success and the importance of positive support.

Fun was had by all and many new friendships were made. Thanks must go to Mr Tait Conditsis (Year Leader) for his organisation of this camp, as well as the teachers that attended the camp. Your efforts were certainly above and beyond the call of duty and appreciated by the students on camp.

Junior Secondary Leadership Opportunities – 2014

Students in Year 8 in particular should be reminded that applications for leadership positions in 2014 are due to the school office on Friday, 20 September. The leadership positions available (Year 9, 2014) include the 4 x “Junior Secondary Captain” roles as well as numerous “Junior Secondary Leader” positions. These positions will form a valuable part of the Student Council and ensure that students in the Junior School are well represented. I also encourage students in Years 9 and 10 to consider joining the Student Council in 2014. Maintaining membership of this organisation is an excellent way in which to build leadership capacity, as well as adding to your portfolio that will be used to apply for leadership positions in the Senior School. Best of luck to all students applying for leadership positions in 2014!

Academic Reporting

As we come to the end of the term, teaching staff are currently compiling report cards. Upon receipt of these reports I encourage you to discuss the results with your children and congratulate them on their hard work. Where there is room for improvement it is essential that S.M.A.R.T goals are set by each and every student, these may be added to individual SET plans to maintain accountability. It is also worthwhile to encourage your students to have a discussion with their teacher regarding strategies for improvement. Remember, the year is not over yet, it is not too late to get to your goal result!

I wish all families a safe and happy holiday and look forward to an even busier term four in the Junior Secondary school.

Kind Regards

Ben Weeks
Head of Department – Junior Secondary
RECREATIONAL ACTIVITIES FOR TERM 4 2013

Your student, in the next week, will need to choose a recreational activity to participate in Wednesday afternoons during Term 4. This Recreational Program is part of the school curriculum for all students in Years 8-11 and will commence in week 2 of Term 4 and run for 7 weeks, (16/10/13 to 27/11/13). The first week of sport in Term 4 will be the activity your student has been doing during Term 3.

The aim of the Recreation Program is to enable students to participate in low, moderate or high levels of physical activity over this time. The program on offer provides for this varying level of activity.

Please be aware of the following information when making a sport selection:

- IF YOU HAVE OUTSTANDING SCHOOL FEES YOU NEED TO SELECT A NON-FEE PAYING ACTIVITY.
- Most activities have a numbers cap due to supervision or facility requirements.
- Students will not allowed to change activities once the program starts.
- There will be no refund available for your child's non attendance.
- Students who are required to catch a bus for sport but miss it, will be supervised at school.
- Some activities will require students to provide proof of competence eg. surfing/body boarding.
- Some activities will require students to complete additional permission forms eg. surfing/swimming.
- Not all activities will run, a minimum of 16 students is required.

There are 30 different activities on offer, 12 of these being paid options. Primary cost is associated with bus hire. Due to the nature of the Recreational Program, the outlined costs, (see attached) must be paid in full by Thursday 10th October 2013. Failure to meet this deadline may affect your student’s participation in the activity. Please note the first to pay policy applies when securing your position in an activity.

WHAT DOES YOUR STUDENT NEED TO DO?

- Select an activity by logging onto the SCHOOL INTRANET from Monday 9th September. The sport selection option will remain open until Tues 17th September. Students can make a selection at any time on any school computer and can re-choose if necessary within this time frame.
- Collect a yellow permission/Medical form from Front office or Staffroom 3. This is required for PAID OPTIONS ONLY AND RETURN TO FRONT OFFICE WITH PAYMENT ASAP.

Students will be removed from activities if they fail to complete the appropriate forms and payment. If you have any queries, please don't hesitate to contact Lisa Oldaker on 5562 3444 during school hours or by email (lolda1@eq.edu.au).

Golf Excellence Program
Shane Stevenson

Last week as Qld Coach/Manager of the Golf team, I am very happy to inform staff that Amy Walsh, Ben Elliott and Hyun Sik Kong were members of the Qld team which won the Australian School Sport Championship in Victoria.

Amy was captain of the girls team to defend the title they won in 2012. She was also named in the Aust Merit Team.

The Qld boys won for the first time in eight years. I think Jason Day was in the last Qld team when the boys won. The conduct on and off the course was very professional from our 3 representatives.

There were 8 trophies to be won and the Qld team collected 7 !!!!!
League For Life

An exciting program was devised for the LFL boys for Term 3 sport. As well as other personal development activities, the boys have participated in community service at the Gold Coast Botanical Gardens located at Benowa. The group has spent a number of weeks learning about the horticultural industry while also working on the many gardens. They have cleaned up, weeded, planted

Fund-Raising for Water Wells in Cambodia

Recently, the LFL classes raised enough money (through a sausage sizzle and a coin collection at a personal development afternoon with Nerang High) to fund the building of two water wells in Cambodia. A big thank you to the teachers involved and the teachers who supported the BBQ.
League For Life

LFL Personal Development Arvo

Both of the League for Life classes were given access to three incredibly successful and inspiring men – Rugby League legend Scott Sattler, Wallaby legend Garrick Morgan and Army Major Ian Bullpit during a Wednesday afternoon of personal development activities. Men who opened up to the boys about the adversity and low times that they have faced in their personal lives/careers and how with a little discipline and hard work, they were able to reach some dizzying heights.

Stories that included:

• Going from being a school drop-out to a UN Security Advisor for Afghanistan and disposing of landmines in Cambodia.
• Going from having the last rights read to you in hospital to being named the world’s best 2nd rower in Rugby Union.
• Not being able to leave your house due to fan abuse due to a poor team season to starring in a winning NRL Grand Final team.

The boys certainly got a lot out of the session which focussed on adversity and resilience.

Our Leage For Life Program Sponsor

GRILL’D AT ROBINA TOWN CENTRE SUPPORTS R U OK?DAY AND ENCOURAGES LOCAL COMMUNITY TO CREATE CONVERSATIONS

To help create a world where all people are connected and are protected from suicide, Grill’d Robina is urging locals to get involved with R U OK?Day on Thursday 12 September by asking ‘are you ok?’ of friends, family members and colleagues.

The R U OK? Foundation is hosting its 5th national day of action and aims to inspire more Australians to connect with anyone who might be struggling with life. Last year an estimated 1 in 3 Australians asked the question.

This year to help raise awareness in the local community Grill’d Healthy Burgers at Robina Town Centre is organising a ‘Fun’n’Friendly’ day on Thursday 12th September at the Grill’d restaurant on The Promenade. Grill’d Robina will donate $1 from the sale of every burger and salad sold on the day, to the R U OK? Foundation.
School Based Traineeships Awards

The Education Queensland South East Region School-based Apprentices and Trainees Awards 2013 were held last Friday evening.

It was attended by finalists in award categories, principals, school representatives, employers, families and Government and EQ dignitaries.

We are very proud to announce we had two finalists. Nadja Hannebach in the hospitality category and Shannon Hodges in Vehicle and Automotive category.

Congratulations to Shannon Hodges who won the Vehicle and Automotive Category, an exceptionally worthy winner.

Junior Barista Champion - Gold Coast Show

Bianca Sidoti from Year 11 won the Junior Barista Championship at the Gold Coast Show and also received the Highest Technical Score on the day. Bianca is undertaking a school based hospitality traineeship with Prestige Service Training at Paradise Resort. Congratulations

A Night at the Theatre

On Friday, August 23, twenty-five Year 12 English students headed to Brisbane to see a contemporary retelling of the literary classic To Kill a Mockingbird in a re-contextualised Australian setting.

It was superb timing as these students have been studying the novel this term in class and it was a unique opportunity to experience live theatre. We even managed to fit in dinner (and some saw the sights of Brisbane from Southbank’s ferris wheel) before the show.

Sarah Sultmann, Senior English Teacher

2013 Australian Chemistry Quiz

Robina Students performed very well in the 2013 Australian Chemistry Quiz.

Year 11 Students

<table>
<thead>
<tr>
<th>High Distinction</th>
<th>Credit</th>
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<tbody>
<tr>
<td>Ethan Dawes</td>
<td>Burkinshaw, Georgia</td>
</tr>
<tr>
<td>Gadamsetty, Anirudh</td>
<td>Jessica Duncan</td>
</tr>
<tr>
<td>Jacob Hyde</td>
<td>Kominoto, Riki</td>
</tr>
<tr>
<td>Adrian Wong</td>
<td>Madison Nixon</td>
</tr>
<tr>
<td>Distinction:</td>
<td></td>
</tr>
<tr>
<td>Hugh Barclay</td>
<td></td>
</tr>
<tr>
<td>Amy Choi</td>
<td></td>
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<tr>
<td>Tom Creasy</td>
<td></td>
</tr>
<tr>
<td>Yvie Harkin</td>
<td></td>
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<tr>
<td>Chloe Marshall</td>
<td></td>
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<tr>
<td>Ashleigh Ross</td>
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Year 12 Students

<table>
<thead>
<tr>
<th>High Distinction</th>
<th>Credit</th>
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<tbody>
<tr>
<td>Alyssa-Jayne Gooley</td>
<td>Garry Harkin</td>
</tr>
<tr>
<td>Simon Welch</td>
<td></td>
</tr>
<tr>
<td>Distinction</td>
<td></td>
</tr>
<tr>
<td>Jacob Battye</td>
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</tbody>
</table>
The Arts

It has been a busy and rewarding back end to the term with Dance Troupe competing in the Gold Coast Eisteddfod, Year 11 receiving a very highly commended for their jazz piece and Year 8-10 received a highly commended for their contemporary piece. Congratulations Cath Harwood and the girls.

Gold Coast Eisteddfod this year also saw our stage band, concert band and strings ensemble compete during a week of high intensity performing amongst a range of other activities at school. Many of our students are in one or more our bands, so were very tired by the end of the competition! Concert Band received a highly commended, stage band a highly commended and string ensemble played well in a tough competition. A very big congratulations to Health Florey, Selina Jones and Kylie Krick our conductors, without their tireless efforts the festival would not have happened for our students.

Seven of our drama students received highly commended certificates for their efforts in the recent drama festival. They were - Reid Parsons, Lily Thompson, Kaitlyn Shultz and Lois Bullen from the senior entry and Rebecca Walters-Kemmerei, Danika Phillips and Aimee Littleboy from the intermediate entry. The cast of this play also received a highly commended ensemble award for their vocal work. Congratulations to all the drama festival students and their teachers, Ms Lamont and Miss Derrick.

Dance Troupe

The girls will be performing two routines at Clover Hill SS’s Dance Night on Thursday 19/09/13. Shelby Fleming (Yr 12) has also been invited to perform on the night with a couple of solos that highlight her skill and technique. Your support is welcome and tickets can be purchased through the Clover Hill SS office.

Cath Harwood
(Dance Co-ordinator)

Year 10 drama cast of the play “The Bald Prima Donna”
in intermediate section of the drama festival
**Special Education Program News**

Firstly, I would like to thank everyone for their support and warm welcome to Robina State High School. Term 3, 2013 is quickly drawing to a close, and the students are looking forward to a well-earned holiday break. There have been some exciting developments in the SEP during Term 3 which we would like to bring to your attention. Firstly, a number of Year 10 students have been participating in a work experience program in a variety of settings. Such settings include a childcare, a mechanic shop, cabinetmaking business, Bunnings and greenkeeping. Great reports for all students have been received. Well done to all!!

Exciting News!! Dion Weaver, Year 9 applied for a competition called Bluezoo. This competition was a national competition and is a highly recognised conservation and marine program. Dion and his family compiled a Youtube clip about his passion for wildlife parks and conservation. From this, Dion was chosen in the top 20 and was flown down to Sydney for some further interviews. Unfortunately, he did not make it through to the final four but this has been a wonderful experience and has certainly given Dion the drive and the determination to fulfil his lifelong goal to build and own his own wildlife park. Congratulations Dion on a top 20 finish. We are all so proud of you!!! To check out Dion’s Youtube application clip, press on the link.  http://youtu.be/6e6RxhFSY5g

**Tore Village**

Lisa Amitage heads off to Fiji today and will visit Tore Village. Lisa is taking samples of pre-loved RSHS text books that we will be donating to the village schools. These are currently being sorted, re-labelled and packaged by RSHS LEOS club.

Lisa will be delivering clothing, letters, photographs and chocolates donated by our school community along with cosmetics, kindly donated by Heritage Brands, Victoria, who specifically selected cosmetic products to suit the skin types of our Fijian friends. (Thanks to Heritage Brands and to Meran Knowles for coordinating this very generous donation).

Madison Farrell in year 9 raised $320 for World Vision 40 hour Famine. 40 Hour Famine is one of Australia's biggest youth events, raising community awareness and much-needed funds to help fight global hunger. Well done Madison.

**2014 SENIOR JERSEYS**

The senior jerseys for 2014 will be available to try on for size during the first week of Term 4 at the Uniform Shop. Ordering and payment will take place in that week also. This is to ensure that the students have them in time for the start of next year. Cost is $90 and is payable to the Uniform Shop. Please talk to your student about what name they are thinking of putting on the back (must be appropriate). This will save time during the ordering process as we need to approve them all before the order goes in.

Cathy Harwood

Year 11 Leader
Youth Health Nurse:  
Helen Dredge

Round 3 Vaccinations

GCCC school immunisation program for the third and final round of vaccinations on the Tuesday 17th September 2013. The year 8 girls and boys who have parental consent will require three doses of Gardasil, the vaccine that provides protection against genital cancer. This will be their final vaccination for protection against this virus. The other vaccine administered is hepatitis B.

Year 10 students have already been offered the vaccination which covers Diptheria/Tetanus and Pertussis (whooping cough). This is a once only, if any of these students missed this they have an opportunity to receive it. Additionally all year 10 boys are now offered the HPV vaccine.

This is the third and final round of vaccinations for the year. Please note if you have a year 8 student and they are having all three vaccines, chicken pox, hepatitis B and gardasil. They will only have two vaccines given at any time. Not three.

The HPV vaccine is proving to be so effective in protecting against human papillomavirus that it has led to a 93% decrease in the incidence of abnormal pap smears and wart virus in young women under 21 and a 73% decline in women aged 21 to 30 since the National Vaccination program was launched in 2007. HPV can also lead to penile cancer.

Please make sure your children have a good breakfast and take a water bottle with them to school so that they can be well hydrated. Reactions are less common then.

If you are unsure if your child is on the list or they have changed schools you can contact The Gold Coast City Council on 5581 6709. Staff will be able to send you out a consent form or otherwise tell you what you need to write on a letter consenting for your child's vaccination.

Please note if your child has missed any vaccinations GCCC offers a free immunisation schedule externally to the school. Please contact them for the nearest location venue to you.

P & C Scholarships

Students going into Year 11 in 2014

Do you want to succeed but unfortunately may have some financial concerns in reaching your goals then please come and see Mrs Loddon for an Application for a P & C Scholarship for 2014. valued at $500.

Applications close on 20th September
Help for Shy or Anxious Teens: Online Treatment for Social Anxiety is now available!

For teenagers with Social Anxiety, school can be an incredibly difficult time. Activities like presenting oral reports, participating in class activities, playing or competing in team sports and joining in with groups at lunch can be extremely anxiety-provoking situations. But there is help available… and it's online!

A team of researchers (BRAVE Team) at Griffith University, University of Southern Queensland, and the University of Queensland are seeking teenagers (13-17 years) suffering from social anxiety; a fear of being negatively judged by others, or extreme shyness.

The BRAVE program aims to help adolescents and their parents learn strategies for managing social anxiety and teach techniques to cope with anxiety-provoking social situations. The treatment program involves 12 online sessions for teens and 7 online sessions for parents, with each session taking approximately an hour to complete. Families are charged a one-off fee of $120 to assist in covering treatment costs. Families will also be asked to complete questionnaires and telephone interviews, but will receive a rebate of $25 in vouchers each time they complete a post-treatment assessment.

For more information, or to register your interest in the program, please visit the BRAVE ONLINE website: [www.exp.psy.uq.edu.au/socialanxiety](http://www.exp.psy.uq.edu.au/socialanxiety). Alternatively, you can contact the BRAVE team on (07) 3735 3312 or Email: brave@psy.uq.edu.au.

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**Uniform Shop**

As of 3rd September the Uniform Shop will be open **Tuesdays and Thursdays ONLY**

8:00am-3:00pm

The Uniform Shop will be CLOSED on Monday, Wednesdays and Fridays

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**Robina Library**

Illustration Workshop

Master the basics of drawing with professional illustrator and graphic designer Teresa.

Teens only

Wednesday 25 September

4-5pm

To book, contact 55 811 600

---

We’re selling the new 2013 | 2014 Gold Coast and Northern New South Wales Entertainment™ Books as a fund-raiser!

The Entertainment™ Book is only $55 and is filled with hundreds of valuable 2-for-1 and up to 50% offers from many of the best restaurants, arts, attractions, hotel accommodation, travel and much more!

Plus, $11 of your Book purchase goes towards our fund-raising - so please forward this email to your family and friends, as the more Books we sell, the more funds we’ll raise!

Order Now

Thank you for your continued support.
Robina State High School
KINGFISHER 2013 is COMING

Memories | Sport
Fisteddfods | Camps
Highlights | Commemorative

Don't miss out on your copy of the year book.

Order now from the student counter or parent centre

Only $22
### September School Holidays

<table>
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<tbody>
<tr>
<td>1PM-5PM</td>
<td>1PM-5PM</td>
<td>12:30-4:30PM</td>
<td>1PM-5PM</td>
<td>CLOSED</td>
</tr>
<tr>
<td>Broadwater Parklands:</td>
<td>Cascade Gardens &amp; Pizza Picnic:</td>
<td>Bushwalking at Mount Tamborine</td>
<td>Scavenger Hunt &amp; Little Master Chef Class:</td>
<td></td>
</tr>
<tr>
<td>Bus leaves at 1pm on the dot.</td>
<td>Bus leaves at 1pm on the dot.</td>
<td>Bus leaves at 12:30pm on the dot.</td>
<td>Today's activities are at the centre.</td>
<td></td>
</tr>
<tr>
<td>Bus returns 5pm.</td>
<td>Bus returns 5pm.</td>
<td>Bus returns 4:30pm.</td>
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**MONDAY 30th Sept**

- **TUESDAY 1st Oct**
- **WEDNESDAY 2nd Oct**
- **THURSDAY 3rd Oct**
- **FRIDAY 4th Oct**

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All young people MUST have their Parent/Guardian’s consent with all outings. All young people must provide their own lunch/snacks and refillable drink bottle. All young people must abide by their signed Behaviour Agreement on outings and be safe & responsible. If there is any serious misconduct (violent behaviour, running away etc.) the Parent/Guardian will be called straight away. Both Youth Workers hold a First Aid/CPR Certificate and carry a First Aid Kit with them at all times. A roll-call will be called when the young people arrive and leave on the bus.

For more info, contact Emma and Michelle at Youth Connect Gold Coast :: www.YouthConnectGC.com :: 07 5679 5772 :: Office Phone will automatically divert to a mobile phone on excursions.
Student Pathways

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:

Current School Based Traineeships

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.

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

Career Information Sites


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 CPC-COH51001A (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
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

- Certificate II in Retail - Make-up and Skincare 1 Year
- Certificate II in Applied Fashion Design 1 Year
- Certificate II in Hairdressing 1 Year
- Certificate III Children’s Services 2 Years
- Certificate III Fitness 1 Year
- Certificate III in Allied Health Assistance 2 Years
- Certificate III in Health Services Assistance 2 Years
- 8 Units of the 26 units in the Diploma of Nursing (partial) 2 Years
- Certificate II in Hospitality 1 Year
- Certificate III in Events 1 Year
- Certificate II in Tourism 1 Year
- Certificate III in Media 1 Year
- Certificate III in Live Production, Theatre & Events 1 Year
- Certificate II in Automotive 1 Year
- Certificate II in Boating Services 6 Months
- Certificate I in Construction 1 Year
- Certificate II in Electrotechnology 18 Months
- Certificate I in Engineering 6 Months
- Certificate I in Plumbing 1 Year

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

Closes 20th September
The Griffith University Early Start to Tertiary Study (GUESTS) Program provides motivated students with an opportunity to improve their eligibility for university entry by studying a single university course (subject) alongside senior secondary studies.

GUESTS students attend classes with undergraduate students and are able to experience some of the challenge and excitement of university life. GUESTS are enrolled as a single course of study student Griffith University students and receive a student ID card. They have access to a range of resources and services including libraries, online learning resources, careers advice and learning skills workshops.

GUESTS who complete one university course and achieve a Pass grade or better are eligible to receive a Guaranteed Offer of Entry to a wide range of undergraduate degree programs at Griffith University. GUESTS receive one bonus admission rank towards other Griffith University degree program preferences when applying through the Queensland Tertiary Admissions Centre (QTAC) or the NSW Universities Admissions Centre (UAC).

Successfully completed courses undertaken through the GUESTS program count for credit towards degree requirements. GUESTS students are sponsored by Griffith University and are not required to pay tuition fees or student contribution charges whilst studying through the program. Personal study costs such as textbooks, stationery and photocopying are the responsibility of the student.

Some programs are exempt from guaranteed entry and full details of the program together with application forms can be found on the Guaranteed offer exemptions webpage.

**Summer Semester intake**
There are two summer semesters at Griffith University. Applications for summer semester courses under the GUESTS program are open and available to students in year 11 only. Please refer to the Summer Semester page for courses available to GUESTS students.

Submit the GUESTS application form and include your semester 1, year 11 school report.

*Applications close on 15 September for Summer intake*

**Semester 1 intake**
You may apply at any time after you have received your Year 11 semester 1/mid-year school report.

*Semester 1 applications for the GUESTS program. are due by 15 October*

http://www.griffith.edu.au/admissions/guests-program
QTAC Applications open Thursday 1 August 2013. The due date for on-time applications is Friday 27 September 2013, higher application fees apply after this date.

You will need your LUI (Learner Unique Identifier) and your PIN (your day and month of birth). Your LUI is a 10 digit number that the Queensland Studies Authority uses to identify you and is on the back of your school ID Card. Contact Student Pathways if you don’t know your LUI. In preparation for your QTAC application, check your QTAC guide for information on institutions and courses.

www.qtac.edu.au

Scholarships

Go to links below for information on scholarships offered at some of our universities.

University of Queensland Scholarships  Griffith University Scholarships

QUT Scholarships  Southern Cross University Scholarships  Bond University

New smartphone app helps young people with jobs and career opportunities

The Career Hunter app, developed from a young person’s perspective, is a simple way for young people and their parents to explore career opportunities.

Believed to be the first career exploration app of its kind, it provides information about occupations and industries, job descriptions, training and qualification requirements, and job vacancies. It makes tangible links from school to the world of work and highlights the industries were skills are most needed.

The Department of Education, Training and Employment; The Smith Family; Regional Development, Australia; Busy at Work and Group Training Australia worked together on the development of the app — now available from the Apple app store.

Learn more at http://deta.qld.gov.au/about/app/index.html
**STAR Entry Scheme (Year 12 students)**

Southern Cross University’s STAR Entry Scheme enables Year 12 students to gain an early offer to study at Southern Cross University in 2014 based on their school Principal’s recommendation. The STAR Entry Scheme matches an individual student to a particular SCU course based on their likelihood of success in their chosen discipline.

**Closing date September 13th**

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**BOND UNIVERSITY**

Faculty of Health Sciences and Medicine Scholarship Information Evening

The Bond University Faculty of Health Sciences & Medicine Scholarship Information Evening is an opportunity for you and your parents to meet our faculty academics and staff, tour our facilities, discuss your program options and meet some of our current students.


Students will be able to register for this evening and two other guests. RSVP closes midnight Friday, August 30.

When: 3 September 2013 - 6.00pm - 8.00pm  
Where:  
Bond University  
Gregor Heiner Foyer  
Faculty of Health Science & Medicine  
Bond University QLD 4229

Institute of Sustainable Development & Architecture Scholarship Information Evening

16 September 2013. 6 to 8pm. Soheil Abedian, School of Architecture Building, Bond University.

The Bond University Institute of Sustainable Development & Architecture Scholarship Information Evening is an opportunity for you and your parents to meet our faculty academics and staff, tour the facilities, discuss your program options and meet some of the current students.

Students will be able to register for this evening with two other guests. RSVP closes midnight on Wednesday, September 11.

Contact for further Information: Laurie Guthrie on 07 5595 1067

Queensland University of Technology 25-26th September – Discover QUT in the Holidays Programs

Dates and venues:

Wednesday 25 September 2013 - Gardens Point campus - 8:30 am – 2:00 pm
For students interested in: engineering, information technology, mathematics, science, urban development, business, law and justice, health (biomedical science, medical imaging science, medical laboratory science, radiation therapy, pharmacy), and creative industries (architectural studies, industrial design, interior design, landscape architecture).

Wednesday 25 September 2013 - Kelvin Grove campus 3:00 pm – 8:00 pm
For students interested in: creative industries (except Bachelor of Design), education, and health (clinical exercise physiology, exercise and movement science, health information management, human services, nursing, nutrition and dietetics, paramedic science, podiatry, psychology, public health, social work, vision science).

Thursday 26 September 2013 - Caboolture campus 10:00 am – 2:00 pm
For students interested in: business, creative industries, education and nursing.
For further information, contact Susan Thomas or email exploreevents@qut.edu.au.


Opening Doors to University – new website for students

The Australian Government has launched a new site to help young people find the support and resources they need to overcome barriers to university study. It allows potential students, families and teachers to search for information about different types of Government assistance they can apply for.

The Career Hunter app, has been developed from a young person’s perspective, is a simple way for young people and their parents to explore career opportunities.

The app is believed to be the first career exploration app of its kind, it provides information about occupations and industries, job descriptions, training and qualification requirements, and job vacancies. It makes tangible links from school to the world of work and highlights the industries were skills are most needed.

The Department of Education, Training and Employment; The Smith Family; Regional Development, Australia; Busy at Work and Group Training Australia worked together on the development of the app — now available from the Apple app store.


The Career Hunter app is a free smartphone app for iPhone or iPad and can be downloaded from the [Itunes Store](http://deta.qld.gov.au/about/app/index.html).

Defence Force Recruiting will be conducting a RAAF Tech Trade Information Session on the 17th September. The session will be held at the RAAF Aviation Heritage Museum at RAAF Base Amberley (Ipswich) and will start at 1100. People wanting to attend will have to arrive by 1000 in order to process security passes for everyone. Travel to and from the session will have to be self-organised. If any students would like to attend please register your name by September 12th.

There is a canteen nearby in order to buy lunch. The session will end with a tour of the museum (for those who are interested). The session is to give as much information as possible for all RAAF Tech Trades in an exclusive RAAF environment.
EXCITING NEWS!
Diploma of Business in SCHOOLS

King’s Unitech is pleased to advise we are now offering **VET FEE-HELP** as a payment option for this program of study in 2014.

For further information on the **DIPLOMA PROGRAM** please contact Suzanne Dalton, Sales & Marketing Manager, at sdalton@ku.edu.au

For further information on **VET-FEE HELP** please contact Debbie Lincoln, Administration Manager 07 5593 4386.
One clear casualty of sleep deprivation is learning. That’s a tragedy – a recent tragedy. — Professor William Dement, Stanford University

Poor sleep impacts on every level of an adolescent’s health and wellbeing: it can make them sick, dumb, grumpy, negative, fat and depressed.

Adolescents need more sleep than pre-pubescents or adults. This is a biological need due to the massive changes happening physically and within the brain during this period. With sudden growth spurts, particularly in boys, adolescents experience huge waves of intense lethargy. Hormonal changes create more melatonin which means, chemically, the body is demanding more sleep. There is also a big shift in the adolescent circadian rhythm. Suddenly they are more alert in the afternoon and evening and need more sleep in the morning.

For approximately 75 per cent of adolescents, their sleep clock moves up to 1.5 hours later, which means they are not ready for sleep until much later. As our school starting times don’t adjust to this, our adolescents are frequently operating on much less sleep than they need.

To beat the frustration of sleeplessness, adolescents will often go online to entertain themselves, connect on social networks, play games or chat with their equally awake friends.

This re-stimulates them and the light emitted from screens delays the natural night-time build up of melatonin that would otherwise make them sleepy. Then, when their body is finally ready for sleep, it will be even later than the 1.5 hour difference. Is it any wonder so many adolescents can be so difficult to wake up in the morning?

**The sleep deficit**

Most adolescents run on a ‘sleep deficit’. This has significant negative effects on their wellbeing. Research has shown that when more is learnt during the day, then more sleep is required at night. This is so the brain can process and consolidate the memories.

Vital gene activities need to occur during Rapid Eye Movement (REM) sleep to ensure synaptic plasticity, or the strengthening of neural connections. Basically, without deep sleep we don’t store or process what we’ve learnt during the day.

New spaces for learning grow every night after the existing spaces for learning have been filled. Without REM sleep, there are no new cells, and adolescents arrive at school tired and with a brain that is like a motel with a ‘NO VACANCY’ sign up.

This information is critical for adolescents to know because they often think they are dumb when they don’t retain information or they fail tests ... when they have simply not given their brain a fair go.

**The high cost of poor sleep**

Many adolescents sleep with an active mobile phone and get woken by texts or social media alerts. When I share this...
information about sleep with adolescents, they often tell their friends that their mobile will be on silent for school nights. We must remember that time management is not a strength that has developed with adolescence and they can genuinely waste hours in the middle of the night without realising it — and without their parents realising it!

Researchers have also discovered sleep deprivation can result in depression (especially among girls), anxiety, daytime sleepiness, moodiness, hyperactivity and emotional vulnerability. Other problems include a reduction in motivation to initiate long-term or abstract goals, and a decrease in persistence to want to work towards such goals.

The consequences of insufficient sleep in adolescents can be frightening. They include:

- Missed school
- Sleepiness – including micro-sleeps
- Negative synergy with alcohol
- Decreased creativity
- Tiredness (decreased motivation)
- Lower school grades
- Irritability and low-frustration tolerance
- Higher risk of car accidents
- Increased anxiety and stress symptoms
- Over eating and yearning for high-fat foods
- Difficulties with self-control of attention and positive behavior choices
- Difficulties with focused attention and emotional stability
- Direct effects on learning and memory consolidation, and memory deficits
- Health consequences: illness, poor skin, delayed growth and development.

Switching on to sleep

The influence sleep has on today’s adolescents is deep. Too many survive the crippling effects of sleepiness by consuming high caffeine energy drinks, eating high sugar and high fat foods and playing loud music. Adolescents think this is normal behaviour, but they are quite ignorant of the effects these stimulating forces have on their sleep-deprived bodies.

So what can you do to help your adolescent get a better night’s sleep? Talk to them about the consequences of poor sleep and give them some tips to build a better sleep pattern.

Tips for better sleep:

- Avoid stimulating substances.
- Create clear sleep boundaries before puberty.
- Get plenty of sunlight.
- Avoid alcohol—especially at night.
- Create a pattern of sleep preparation such as: shower, teeth, toilet.
- Avoid TV and all screens (including phones) at least an hour before bed.
- Turn mobile phones off or on silent.
- Use calming music or a relaxation recording.
- Try to be in bed at the same time each night.
- Aim for eight to nine hours of sleep each night.
- Create a calm bedroom by removing clutter and using aromatherapy.
- Drink calming teas like chamomile or warm milk based drinks.
- Spend two minutes in bed breathing deeply and relaxing the body.

Maggie Dent

Author, educator and speaker dedicated to quietly changing lives through commonsense wisdom. This article is based on an extract from her book, Saving Our Adolescents: Supporting Today’s Adolescents through the Bumpy Ride to Adulthood. Check out her blogs, newsletter and other resources at

- www.maggiedent.com
- info@maggiedent.com
- www.facebook.com/maggiedentauthor
- www.twitter.com/queenofcommonse
Free family and furry friends fun day

Frascott Park (off Mattocks Road) Varsity Lakes
Saturday 21 September
10am - 1pm

Free kids activities, pet information and displays, prize giveaways, free BBQ, music and entertainment at the park. Bring the family including your pet and enjoy the day with your friends, family and neighbours.

Come along and meet local Division 11 Councillor, Councillor Jan Grew.

For information contact:
Christine Collins, City of Gold Coast Community Development Officer on 07 5581 5239

Please consider actively travelling to the event by walking, cycling or using public transport.
The Gold Coast Pet & Animal Expo

The largest animal expo in Australia and it's FREE!
goldcoastpetexpo.com.au

Something for all animal lovers!

Crazy critters • Demonstrations • Celebrity animals
Wildlife • Reptiles • Twilight Concert • Dog sports
Meet Farmer Dave from Big Brother

When: Saturday, 5 October 2013, 10am to 6pm
Sunday, 6 October 2013, 10am to 3pm
Venue: Central Park Oval and Varsity Lakes Sports and Arts Centre, Central Park Dr, Varsity Lakes
FREE shuttle bus to the expo from Bond University.

Bring your family, bring your friends and don't forget pets are welcome! Admission is FREE. Meet Cobbler and Digger from Australian Outback Spectacular.

Outback Spirit of the Horse

Expo only special*
Australian Outback Spectacular
Adults tickets at kids prices. See us at the Expo to buy your tickets or call 133FUN.

*Conditions apply. Selected shows only.