



NEWSLETTER

Robina State High School, 1 Investigator Drive, Robina, Qld 4226

Web: www.robinashs.eq.edu.au Phone: 07 5562 3444

"Believe and Succeed"

Every Student, Every lesson, Every-day Learning and Succeeding

1. We know our learners.
2. We focus on building reading skills.
3. We develop a positive and respectful school environment.

Principals Report



Our Deputy Principal Team



*Year 8:
Mrs Jenny Tobin*



*Years 9 & 11:
Mr David Hoskins*



*Years 10 & 12:
Mrs Megan Tyne*

Recently we have hosted a number of events and activities to celebrate achievement and acknowledge graduating students. In the past fortnight, this has included Awards Night, Year 12 Graduation, Year 12 formal, our International Student Graduation, League for Life Graduation and Auction and Year 10/11 Celebrate Assembly. All of the events were well attended, superbly organized and certainly showcased the many achievements of students at Robina State High School. We are justly proud of all our students. Congratulations.

In the following pages you can view our most outstanding Award recipients and Academic Excellence recipients. These students have gained phenomenal results and deserve every plaudit they receive. At Robina State High School our students truly do believe and succeed. We thank the many people who help shape and support our students' journey; parents, caregivers, extended families, teachers and, of course, the students themselves.



Important Dates

29th November:
Final day Year 10 and Year 11

13th December:
Final day Year 8 and Year 9



Celebrating Student Success 2013

Griffith University Program

Alice Bailey, Themore Bourne, Jacqueline Buxton, Christine Chak, Trent Gribble, Danielle Harding, Chih Yun Liu, Shimin Luo, Matthew Lye, John Panther, Rayne Rasha, Luke Vogelaar, Simon Welch, Jasmine Whybird

Griffith University Sports Award

Amy Walsh

Griffith BUSINESS Transition Award

Jacqueline Buxton

Southern Cross University Star Entry Guaranteed Admission

Sam Downes, Sheree Forbes-Kerr, Cherie Hopkins, Amber Kern, Brittany Lambert, Megan Murray, Gabbi Patterson, Rhys Pemberton, Bianca Sidoti, Luke St George Remi Thomson-King, Leighchae Utatao

Bond University/Robina State High School Collegiate Scholarship

Luke Vogelaar

Bond University/Robina State High School Collegiate Leadership Scholarship

Holly Smibert

Trainee of the Year Award

Shannon Hodges

Karen Andrews MP Award for Service to Others

Liam Budd

Aboriginal & Torres Strait Islander Student of the Year Award

Jared Lock

Student Councillor of the Year – Junior

Samual Bailey

Student Councillor of the Year – Senior

Ashleigh Ross

Junior PROMOTE Trophy

Hiwot Emerson

The PROMOTE Trophy

Danni McCarthy

Gold Coast City Council Excellence in Arts Award Junior

Molly Pryde

Gold Coast City Council Excellence in Arts Award Senior

Whitney Veitch

Excellence in Instrumental Music Award - Junior

Jack Wheatley

Excellence in Instrumental Music Award - Senior

Sophia Blinks

Spotlight Best Drama Student

Lachlan Versluis

JJ Royle Trophy Cultural Award

Chloe Marshall

Principal's Art Acquisition Award

Shogo Sakurai

Central Gold Coast Chamber of Commerce Award

Themore Bourne

Lions Citizenship Award for Dedication and Commitment to Improvement

Adam Wong

LEO of the Year Award

Chloe Marshall

Rotary Citizenship Award

Danielle Harding

Amy Yang International Student Award

Meini Chen

ADF Long Tan Leadership & Teamwork Awards Year 10

Tiana Reardon

ADF Long Tan Leadership & Teamwork Awards Year 12

Mia Speers

House Cup Award Cultural - Laver

Remi Thomson-King, Clay Sim, Bianca Sidoti, Jasmine Whybird.

Alumni Award

Alyssa-Jayne Gooley

Achievement in Information Technology Award

Trent Gribble

Nick Irwin Award for Dedication & Improvement in Mathematics

Moy Saensrimon



P & C Scholarships

Monique Daffurn, Courtney Galley, Liam Makepeace, Tiana Reardon, Sarah Schult.

Year 8 Academic Excellence Awards

Harmony Bampton, Malachi Berlowitz,, Jade Beutel, William Bible, Brianna Bischof, Patrick Clark, Christopher Clayton, Cahlia Clothier-Tom, Alex Cotti Piccinelli, Clay Davidson, Danielle Davidson, Jessica, Duncan, Ayuna Hasegawa, Elizabeth Huoth, Sunnie James, Daniel Kington, Emma Mason, Alicia McCallum, Saraya McKenzie, Connor Moisley, Mona Naghipour, Luke Pemberton, Annabelle Raymond, Ethan Redhead, Lena Reilly, Tarran Roles, Hayley Stewart, Emma Strickland, Griffin Watson, Georgia Williams



Year 9 Academic Excellence Awards

Caleb Adams, Julia Anderson, Amelia Bailey, Dahlia Bar, Anarnya Berlowitz, Riki Bevens, Ricky Deeble, Alexander Edson, Connor Edwards, Georgia Forden, Shaymus Gooley, Grace Jameson, Yoori Kim, Karin Komemoto, Heather Mackenzie, Amelia Maddison, Errol McFadden, Lisa Plessius, Lukas Schmid, Skye Schultz, Melanie Schulz, Anney Tan, Katelyn Tate, Alicia Withers.



Year 10 Academic Excellence Awards

Dylan Birot, Nicholas Boyan, Eumay Bruce, Stephanie Chak, Megan Cubley, Matt Davis, Jye Deeble, Emily Forden, Ben Grant, Sarah Howarth, Sam Jones, Issie Kupfer, Aaron Lake, Keira Langenberger, Liam Makepeace, Anna Reaburn, Tiana Reardon, Alana Stephen, Nicole Stephens, Bridgette Taggart, Reethik Yelavarthi.



Year 11 Academic Excellence Awards

Hugh Barclay, Georgia Burkinshaw, Michelle Carse, Amy Choi, Bethany Curtis, Ethan Dawes, Jessica Duncan, Nadja Hannebach, Jacob Hyde, Ryan Lim, Chloe Marshall, Kana Miyazawa, Madison Nixon, Ashleigh Ross, Adrian Wong.

Year 12 Academic Excellence Awards

Alice Bailey, Meini Chen, Alyssa-Jayne Gooley, Trent Gribble, Kate Kampen, Chih Yun Liu, Shimin Luo, Georgia Nicol, Gabbi Patterson, Holly Smibert, Luke Vogelaar, Jasmine Whybird, Adam Wong.







Heads of Department

Arts: Ms Deb Derrick
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Business: (Acting) Ms Helen McKenzie
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Year Leaders

Year 8
Mr Tait Conditsis
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Year 9
Mr Matt James
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Year 10
Mr Todd Campbell
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Year 11
Mrs Cath Harwood
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Year 12
Mrs Julie Swift
Email: jsrif7@eq.edu.au

Student Absence Line:
5562 3430

As principal, I have had many opportunities to reflect on our school's achievements and here is just a sample of why we have so many reasons to be proud in 2013:

- We celebrated NAPLAN improvement in all domains. In addition, our mean scores in writing, spelling and numeracy reflected national trends and our individual student data showed that the vast majority of students have continued to improve and gain in all domains.
- Numeracy was a particular highlight with our percentage above the national minimum standard at 95%. The national average was 5% lower at 90%.
- 6 High Distinctions in the National Chemistry Competition
- CSIRO Robotics visits with year 8 students.
- Science Week Primary School Visits
- Clover Hill Year 5 Science Extension Program
- Science Fair
- IBM EXITE Camp
- Maths B Friday tutorial attendance
- QAMT year 8 Quiz.
- Robina SHS has maintained over 100 School based Apprentices and Trainees in 2013.
- Students' Structured work place Learning associated with school delivered Certificate courses has more than doubled.
- Increased numbers of students in direct entry courses and school programmes at Griffith University, Bond university, Southern Cross University, Gold Coast TAFE and private provider courses such as the Certificate 1 in Construction
- Increased scholarship applications to all tertiary institutions
- More students have accessed career exploration and coaching in employability skills
- A partnership with King Unitech has been formalised to deliver the full Diploma in Business course to our senior students in 2014
- WIPEOUT WEDNESDAY raised \$1 200 to support the work of the "QUEENSLAND CANCER COUNCIL".
- Moot Competition at Beenleigh Court. The magistrate praised Robina for students' cross examination and summation skills.
- Our first cohort achieved a Certificate III in Business Administration
- Set up of Business Model office – a simulated office environment for students to work in
- A number of early entry positions to University achieved
- League for life with 54 boys in the program and a very successful Marvo event.
- Interschool challenges such as dragon boating, runaway bay sports centre activities
- Community service at the GC Botanical gardens
- Fundraising for water wells Cambodia
- Guest speakers and personal development program
- Year 9 reached finals in interschool rugby league competition
- Dance night performances
- Our international program was rated as EXCEEDING usual standards in 18 out of 21 areas and we topped the state for international educational program delivery

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

- We hosted over 300 students from Japan and Taiwan who visited us on group study tours
- Year 8 Bunka no Hi at school for all year 8's
- Year 10 Teach the Parents Japanese Night
- Year 11 Japanese Dinner and Karaoke Party
- 6 Year 10 students enjoyed three weeks in Japan in September in Okinawa.
- Courtesy of Mr Jones – 7 students received scholarships from the Japanese Consulate to travel fully funded to Japan in December
- Individuals and teams continued to excel on the sporting field
- 2 Gold Coast Champion teams – Open Boys and Girls Soccer
- 1 State Champion team– Open Boys Futsal
- Hyun Sik Kong, Ben Elliot and Amy Walsh were all part of the Qld team that won the National Golf Championships
- 13 Queensland Representatives in sport
- 3 National Representatives – Hayden Timberlake, Lyndon Dykes and Amy Walsh
- The inaugural Hawaii trip is a great success
- Successful introduction and implementation of the National curriculum this year for History in year 8 to 10
- Dance Troupe successfully competes 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.
- Kalani Humphreys wins Gold Coast Yr. 8 Poetry Slam Competition
- We were represented in the AB Patterson Public Speaking Competition
- Dragster competition for Year 9 ITD students

- Senior Hospitality High Tea
- ITD students participate in U8's Day Activities at Merrimac SS
- Early Childhood Practice students continue to foster strong ties with local childcare providers
- Gold Coast Eisteddfod - our stage band, concert band and strings ensemble compete during a week of high intensity performing
- Concert Band received a highly commended, stage band a highly commended and string ensemble played well in a tough competition
- Drama Festival - Seven of our drama students received highly commended certificates The cast of this play also received a highly commented ensemble award for their vocal work.
- Jasmine Whybird wins Creative Generation's Excellence in Visual Art
- Shogo Sakurai wins a Gold Coast Capture photography award.

I could continue. We have much to celebrate!

We wish all of our departing Year 12s the very best in the future. Your behaviour in your final weeks was impeccable and we are sorry to see you go. Many of you have greatly contributed to this school and we look forward to hearing about your successes in the future. Our Year 10s and 11s finish next week and we also wish them well and look forward to continued success in 2014. Our new student leadership team will be announced in our final newsletter along with return dates for 2014.

Best wishes. Julie

Emailed Academic Reports

It is now possible for student report cards to be emailed to parents. This improves the timeliness of report delivery, and the surety of parents receiving the reports. Our school will trial emailing reports to parents of students in Years 8, 9, 10, 11 at the end of this semester. As the system is new we will also issue a paper copy of the report as has happened previously. If you do not receive an emailed Semester 2 2013 Academic report in the week beginning December 9 then you could assume your email address is not correctly recorded in our system. Please assist us by ensuring your contact details are correct and updated when necessary.

Student Leaders 2014



Front Row:

Anita Nair-Thiele, Kaitlyn Shultz, Bethany Curtis, Ashleigh Ross, Holly Fowler, Tayla Marshall

Middle Row:

Adrian Wong, Chloe Marshall, Sammie Kupper, Ryan Lim, Madison Nixon, Alex Ellsmore

Back Row:

Alexander Olsson, Scott Kelly, Luke Sinclair, Tom Creasy, Max Wilson, Dylan Phillips

Absent: Celina Maddison

League For Life Auction and Year 9 Graduation Night

It was a wonderful night mainly due to the large number of staff who attended and supported it which made the night special for the boys. A big thanks to Julie Warwick, Di Loddon and the Administration team Jenny Tobin, Megan Tyne and David Hoskins and all the other HODs and teachers - Ann Stoodley, Deb Derrick, Ben Weeks, Julie Cooke, Todd Campbell, Matt James, Tait Conditis, Meran Knowles, Nigel Wilson, Teresa Mercuri, Alex Morrison, Charles Vella, Sean McGrath, John Dobozzy, Di Mitchell, and Mark Shannon, as a parent. A special thanks to our talented music teacher Selina Jones who had the Year 8 boys playing in bands. These boys had never touched an instrument a term ago and were playing and singing like old pros on stage. We are so fortunate to have Selina at Robina – she certainly goes beyond the call of duty !!!

“Student”

Focus

18th November to 29th December 2013

Do Your Best, Aim for Success,
Challenge Yourself

P & C Uniform and Stationery Store will be open

Saturday 18th January	8,00a.m. to 1.00 p.m.
Monday 20th January	closed
Tuesday 21st January	closed
Wednesday 22nd January	9.00a.m. to 3.00p.m.
Thursday 23rd January	9.00a.m. to 3.00p.m.
Friday 24th January	9.00a.m. to 3.00p.m.

The Uniform Shop is open to 5th December with discounts on Uniforms until that date.



YUNG PING HIGH STUDY TOUR

11 students from Yung Ping High School, Taiwan, recently enjoyed a 12 day study tour here at Robina High from November 2 to 13. This year is the third time that Robina High has hosted Yung Ping High. It is also the third time that Miss Hui - Chi (Valerie) Chen has escorted the group from Yung Ping High. Having Valerie escort the students three years in a row has been a very important factor influencing the quality of the program delivery. A tour supervisor who has excellent English skills, good management of her students and personal experience of study tour delivery at our school like Valerie is really great support for our program.

This year one of the highlights of the visit was a power-point presentation that Valerie made about Taiwan by gathering input from all her students. The power-point was used as conversation stimulus for a special lesson with our Year 10 Asian Business Class. Our guests also enjoyed doing Woodwork with Mr Winter, ESL with Mrs Gower, Bush dancing with Mrs Kennan, Baseball with Mr Norton-Smith and Aboriginal Art with Mrs McCluskey.

The students from Yung Ping are enrolled in a Hospitality Course in Taiwan and so they were matched with buddies from our Mrs Daniels' and Mrs Rackley's Year 10 Hospitality classes during their school program. Over the course of their lessons they cooked breakfast rosti, devonshire teas, milk shakes and anzac biscuits. Robina students were delighted to learn about and sample a typical Taiwanese breakfast and bubble tea.

Robina High thoroughly enjoyed hosting the cheerful students from Yung Ping High. Special thanks to our fabulous buddies and kind host families. We look forward to continuing our relationship with Yung Ping High in the future





**Guidance Officer
Joy Wagstaff**



Building Resilience

All parents want what is best for their children. Sometimes though, in our endeavour to protect our children, we take control of a situation, and make decisions, that are not always in our child's best interest.

Michael Grose (Parenting Educator) talks of 7 resilience robbers that reduces a child's development of resilience.

ROBBER 1- Fight all their battles for them

This should be the last resort not the first option. We want our children to have strategies that will help them manage difficult situations.

Solution: Give kids the skills and opportunity to develop their own resourcefulness. Remember there are always two sides to a story. Be the consultant not the problem-solver.

ROBBER 2 - Make their problem your problem

Sometimes adults can take too much responsibility for issues that are really up to the child to work out or decide.

Solution: Know when to make their problem their problem.

ROBBER 3 - Give kids too much voice

It is easy to go overboard and allow children too much of a say in what happens to them. Remember you are the adult.

Solution: Know when to make decisions for kids and expect them to adjust and cope.

ROBBER 4 – Put unrealistic or relentless pressure on kids to perform

Expectations about success and achievement are important but they must be realistic.

Solution: Keep expectations in line with a child's ability. Excessive pressure can create mental health issues.

ROBBER 5 – Let kids give in too easily

Solution: Encourage kids to complete what they have started and put in the best effort even if the results aren't perfect, nor the task significant.

ROBBER 6 – Neglect to develop independence

By teaching kids the skills to look after themselves you are setting them up for life. Start early. Kids who have a sense of independence (but family readily available) feel good about themselves and their abilities.

Solution: As a parent if you weren't around what skills would you like your child to have eg. for younger – dressing themselves, making something simple to eat, washing up, unpacking their school bag; for older – making their school lunch, cooking, cleaning, using appliances.

ROBBER 7 – Rescue kids from challenging or stretching situations

When things are outside the comfort zone we tend to want to avoid them eg. doing a presentation in front of others, school camp. When you show confidence in a child and skill them up to face challenges you will not only help them to cope but their abilities may even surprise them.

Solution: Overcoming challenges enables kids to grow and improve.

In life there are many hardships that occur at any age. By skilling up a child to deal with them effectively you will create independent children that are mentally strong and resilient, and so able to enjoy life no matter what is put in their path. Isn't that what we want for all our children?

Adapted from Resiliency Robbers by Michael Grose





Youth Health Nurse Helen Dredge

How to love yourself.....(yes this is so important!

Self love is at the very core of our wellbeing. Without self love; joy, self empowerment and our ability to create and enjoy the kind of life we want to have is in jeopardy. You cannot enjoy happiness if you are not at peace with yourself. Your relationship with yourself is the most important one you will ever have.

For teenagers finding your true self can be one of the hardest things to do. Find out what values and qualities are important to you, what you enjoy and what you don't. This is difficult with peer group pressure and wanting to fit in. So look at your friends, look at the qualities and values of your peers and see if they fit with your values. Most of all treat people respectfully, have a ready smile on your face and simple things like being friendly and saying hello will have a great impact. Remember you do need real contact and face to face communication with people, not just online internet communication.

So what are the effects of not loving and really liking who you are?.

At the very least you can be plagued by indecision and self doubt. In more intense cases there is depression and self hatred which can cripple you in every area of your life.

Until you learn how to really like who you are there will be an inner war going on that divides your energy and sabotages your efforts to move towards happiness. The other thing to be aware of is that if you lack your own self love you can unintentionally attract people and circumstances that mirror your negative beliefs you have about yourself.

So in order for you to draw in loving people and circumstances, you need to know how to love and respect yourself first. I think most of us would be shocked if we could hear a tape recording of our inner dialogue. We would just see how many times a day we judge or criticize ourselves harshly. Sometimes we treat ourselves far worse than we could imagine treating someone else.

To start building self esteem, first listen to how you talk to yourself. You first have to be aware of a situation before you can change it. Do any of these thoughts sound familiar?

"There is something wrong with me. I'm not like everyone else"

"I'm worthless," "useless" or "bad"

"Its all my fault."

"I don't know what I'm doing".

"I'm not (good, smart, pretty, attractive, successful etc) enough."

"I'll never be able to do this. I don't have what it takes."

And on a deeper level you might hear.

I don't deserve to be happy. I don't deserve to be loved. I don't deserve to have what I want. I deserve to be punished. I don't deserve to be forgiven.

Lack of self love can also get projected out as no one likes me : So.....until you learn to really value and like the person that you are you prevent yourself from truly being able to move forward. This negative self talk is often based on beliefs about yourself from other people's anger, stress and negativity that have inadvertently or intentionally been projected onto you. Parents, siblings and others around you, particularly during your early childhood have a big impact on you.

So....the million dollar question is.....How do you love yourself?....

- Are you ready?... Say "Yes! to everything you're feeling and to all the people involved past and present that have impacted on you. This is just to help you release resistance from your feelings and helps create space for the situation to release and transform. Notice how it can pass when you don't feel stuck on it.

- Self nurturing. Do some activities that make you feel positive. (physically, mentally, emotionally and something that makes you smile on the inside and feel peaceful)

- See yourself..... This is a powerful way to learn how to love yourself. ...Look into a mirror and look deeply into your eyes. (don't put yourself down or berate yourself) as you look into your eyes notice the sparkles and light inside your eyes. See the beauty and strength that's inside of us all.

What changes can you expect from this?.

Areas where you were previously stuck can start to open up. You will begin to trust yourself more as your self appreciation and care for yourself increases. You will judge yourself less and find that you are less judgemental of others and most of all you will attract people who treat you the same valued, respectful and nurturing way as you are learning to treat yourself. Good luck and remember it takes everyday practise :)

Adapted from www.wellbeingalignment.com



Is your child afraid of seeing blood or having an injection or other medical procedure?

At Griffith University, we are conducting a study to evaluate the effectiveness of a one session intensive treatment for children and adolescents (7 to 18 years of age) who have Blood, Injury and Injection Phobias. We are providing this service at no cost to families. To find out more about this project, please contact Dr. Ella Milliner and Dr Lara Farrell on (07) 567 88317 or email e.milliner@

Robina Library

Creative Christmas Cards!

Make some cute Christmas cards for friends and family at our free session!

Held on Wednesday 27 November at Robina Branch Library from 4pm to 5pm.



Christmas Wrapping

Learn some quirky techniques for wrapping your presents!

Held on Monday 16 December from 1pm to 2pm at Robina Branch Library

CAROLS UNDER THE STARS
AT SKILLED PARK

PRESENTED BY
CFMEU
CONSTRUCTION

Sunday 1 December 2013 **SKILLED PARK** Robina

PROGRAM

4pm-6pm CSQ Free Fun Fair

- ★ Activities for the whole family
- ★ Animal Nursery
- ★ Face Painting
- ★ Make Xmas Decorations
- ★ Sports Come and Try Activities
- ★ RACQ Careflight Chopper

6pm - Christmas Carols

With the **Australian Army Band Brisbane** and
A Very Looney Christmas featuring the stars of **Movie World's White Christmas**

8pm - Santa's arrival and City of Gold Coast Fireworks Spectacular

Park free at Robina Town Centre - Free Carols Shuttle from 3.30pm to 9.00pm
(Shuttle leaves from The Promenade in front of Event Cinemas)



ONE YEAR OF ADVENTURE



The Army has 12 roles available with just a 12 month commitment - no strings attached. Just great pay, new mates and world-class training that will set you up for a rewarding career in the Army and beyond. There is a range of challenging roles available, such as Supply Coordinator to Dental Assistant and Military Police.

So if you are ready for one extraordinary year, attend the upcoming Information Session to find out more. **Thursday 28th of November at 6pm (AEST), Defence Force Recruiting, Coolangatta Corporate Centre, Cnr Griffith & Warner St, Coolangatta.** To attend this session RSVP to nwenberg@dfr.com.au or call 07 5569 3900.