18 July 2014

PRINCIPAL’S REPORT

Hello everyone and welcome back to Term 3 at Robina State High School. About 50 new students have started with us this term, so I would also like to welcome new families to our community. Our newsletter remains very important to us and is a key way we celebrate school achievements and keep you abreast of school activities. To keep engaged with the school, you may also like to consider:

• Following us on Twitter @robinahigh
• Liking us on Facebook (Robina State High School). Thanks to the 700 families who have already visited us in the past two weeks.
• Regularly checking in on our school website. Please take some time to read key school documents such as our “Strategic Plan” and “School Annual Report”.
• Attending our P&C meetings. The next one takes place on Tuesday 22nd July at 6:00 pm in the Administration Block. Hope to see you there.

We also have welcomed a large delegation from Mingdao High School in Taiwan this week and hope students enjoy their time at Robina State High School. On Tuesday 29th July, we are excited to be welcoming the Governor of Saitama Prefecture in Japan to our school. He is visiting Queensland to honour the 30 year sister-state relationship between Saitama and Queensland. The fact that a visit to Robina State High School has been requested as part of his itinerary speaks volumes about the reputation of our Languages faculty and Japanese program.

Thanks to all of the families who visited us at the Mudgeeraba Show on the first weekend of the holidays. The Robina State High School stall was well attended and we will definitely be signing up again for next year.

Staffing update

• Our close partners at Clover Hill State School are delighted to have our own Jenny Tobin working asAssistant Principal there for Semester 2. One of Jenny’s passions is working with young people in the Junior Secondary transition phase and I know she will be a real asset to Gayle and the great leadership team at Clover Hill. Sarah Price will continue in the

Acting role in the interim. Year 8 and 9 families are welcome to contact Sarah at spric79@eq.edu.au

• David Hoskins is on sick leave this term and we wish him a speedy recovery. Adam Brandis will act as Deputy Principal in the interim and oversee the Year 12 portfolio. Adam’s email is abrand28@eq.edu.au

• Tait Conditsis is on long service leave for the term and Sean McGrath will act as Year 9 coordinator. Sean’s direct email is smcgr142@eq.edu.au

• We welcome back school nurse Helen Dredge.

Hope to see many of you at our Theatre Restaurant on the 5th and 6th August. This promises to be a really entertaining night you won’t forget. Please enjoy the newsletter and take note of the many events occurring in coming weeks.

Kind regards
Julie

School Wide Positive Behaviour

Congratulations to all:

We have recently achieved a SWPB Tier 2 status.

This indicates we have been successful in creating a positive approach to foster a school-wide culture that promotes learning and high expectations. We have instilled a high level of care and support evidenced by strong relationships between staff and students with a wide range of programs in place to engage students.

Below is our student focus for Weeks 1–3 Term 3.

Every three weeks we change our focus.

We also reward students who are demonstrating these positive behaviours.

I will keep you updated on our progress as a Tier 2 SWPB school.

Student Focus for Week 1–3.
FOLLOW DIRECTIONS from STAFF,
BE COURTEOUS and CO-OPERATIVE.
Finance News

PAYMENT BY INTERNET BANKING/DIRECT CREDIT - Direct payment into school bank account.

Account Name – Robina State High School General Account
BSB – 064-468
Account Number – 1001 9041

Internet Banking Payment Reference:
<<EQ ID FEES>> (eg. 1234567890A FEES)
If paying for an excursion, <<EQ ID EXCURSION NAME>>
(eg. 1234567890A BYRON)

EQ ID’s can be found on each invoice or obtained from the school office – phone:07 5562 3444. If in doubt, please put the students full name in lieu of the EQ ID.

Please note – to ensure payment reaches the school’s bank account prior to the payment cut-off date, all internet bank payments must be made no later than 2 business days prior to the cut-off date/time.

PAYMENT BY EMAIL

Payment by CREDIT/DEBIT CARD only.

Additional permission forms and credit card payment forms can be found on the Robina State High School website (www.robinashs.eq.edu.au) These forms can be digitally completed, saved to your local drive and emailed to: payments@robinashs.eq.edu.au

PAYMENT BY PHONE

Payment by CREDIT/DEBIT CARD only.
Phone the Payment Office on 5562 3449 between 7.45 a.m. and 2.00 p.m. Monday to Thursday.

CENTREPAY DEDUCTIONS – PAY YOUR BILLS THE EASY WAY

Are you currently receiving Centrelink payments (e.g. Pension, Newstart Allowance, Family Tax Benefit)? Looking for an easy way to pay your school fees?

Simply complete the enclosed Centrelink application or download and print one from http://www.centrelink.gov.au/internet/internet.nsf/filestores/sa325_0705c/$file/sa325_0705en_f.pdf and return the completed form to our Accounts Department. You can set the amount, frequency and specify the target amount and the money is directly credited straight to the school account. We send a statement every term so you can see the progress of the reduction to your statement of fees. We have trialled this for the past 12 months with great success and more and more parents are taking advantage of this useful stress-free option.

PAYMENT BY MAIL

Payment by Credit Card, Cheque or Money Order

Credit card details can be completed on the authority below. Cheques and Money Orders made payable to ‘Robina State High School’ and returned to the school with the permission form.

Post all correspondence to:
Payment Office
Robina State High School
P O Box 476
MUDGEERABA QLD 4226

PAYING IN PERSON

Payment by Credit Card, EFTPOS, Cash, Cheque or Money Order
Payments can be made by students at the Payment Office before school, at morning tea and during lunch Mon - Thurs.
Payments made by parents must only be done so at the School Reception in the Parent Centre between the hours of 8.00 a.m. and 4.00 p.m.

PAYMENT INSTALMENT PLAN

Available on Student Resource Scheme only. Please contact Accounts on 07 5562 3449 to apply.
If you are experiencing financial difficulty paying school fees, please contact the School Business Services Manager on 5562 3444.

NEW FINANCE WINDOW

We thank all families who have supported the school by attending to outstanding debts. From Term 3, payments from both parents and students will be made at the Finance Window which is located on the western side of the Administration block from Reception (opposite end of the Commerce Block). Payments can be made Mondays, Wednesdays and Thursdays from 7.45am to 2.00pm.
Remember payments can be made 24 hours, 7 days a week on the internet. See the school website for details. BPay is no longer a payment option and has ceased.

YEAR 12 FORMAL

Friendly Reminder: All outstanding fees for Year 12 students must be paid up in full prior to the end of Term 3, 2014. Year 12 students with outstanding fees who do not meet this requested commitment will not be eligible to receive a Formal Invitation or participate in any excursions. All resources will need to be returned to school before a Formal ticket is issued.

2015 YEAR 12 JERSEYS AND CAMP

Friendly Reminder: All outstanding fees for Year 11 students must be paid up in full prior to the end of Term 3, 2014. Year 11 students with outstanding fees who do not meet this requested commitment will not be eligible to order a 2015 Year12 Jersey or participate in Year 12 camp.

STATEMENTS

Statements were posted out to parents over the holidays. If you are wishing to commence a payment plan this needs to be in place no later than Week 4 of this Term.
If you are currently on a payment instalment plan for your fees and/or are making regular payments, we thank you for your ongoing cooperation and support. We ask that you use this statement as a guide only.
Queensland Core Skills (QCS)
Reminder: Full QCS practice Tuesday 22nd and Wednesday 23rd for all students sitting the QCS test. No Year 12 classes will run of these days.

Subject Selection 2015 and Careers Information

WEDNESDAY AUGUST 13th is our ‘big’ afternoon and night event for Years 8-12.

- PATHWAYS INTERVIEWS – students 8,9,10, 11 & 12 and parents with PROMOTE teachers discuss 2015 options, current progress; SETP are initiated as is the One School subject selection process.
- SUBJECT EXPO 3.30 - 7.30pm SAC; all 2015 Faculty options are on show with Heads of Department to answer your questions.
- CAREERS EXPO 4.00pm - 6.00pm SAC; All Universities, TAFE, ADF, Health Careers, various Industry reps and a range of private providers will be in attendance to answer questions and give advice about post school options.
- YEAR 10 PARENT INFORMATION 6.00pm PAC; Year 10 students and parents are invited to attend this session. An outline of how senior education works, (OP, SR, QCE) the various pathways, options and processes will be discussed.

TUESDAY 26th AUGUST

- YEAR 10 only afternoon/night; finalisation of 2015 subject selection and SETP check-in.

QTAC Guide to Tertiary Courses
Year 12 students who did not receive a QTAC Guide to Tertiary Courses can collect one from Student Pathways in the Support House.

Important Information about QTAC Applications for University/TAFE & Other Colleges
Year 12 students can apply to QTAC from August 5 2015.

Current Year 12 students apply using the online Twelve to Tertiary application service at the QTAC website www.qtac.edu.au

Please be aware that it is important that your QTAC Application is submitted by September 30 to avoid paying a late penalty. Applications which are received and paid for prior to October 1 will cost $35. After September 30 the fee increases to $130.

There are two ways to pay for your QTAC application
- Use a credit card when you apply online
- BPAY your application fee when you apply online.

Please note that payment must be received by QTAC before your application is processed.

If you choose BPAY as a payment option, ensure QTAC receives your payment by 29 September 2014 or else you will be charged the higher processing charge.

Important tips about lodging an Application
- Before your application is lodged, you can view a summary of your application.
- If you are satisfied your application and qualification details are correct, you can then lodge your application.
- Your application is not lodged until you see the Confirmation of Lodgement page.
- Be sure to print your Confirmation of Lodgement as it is proof of lodgement and any cover sheets that might have been generated.
- You may be required to submit documentation for additional qualifications. Check the documentation guidelines and provide the documents to QTAC with the cover sheets attached before the due date.

Junior Secondary News – Ben Weeks

Academic Reporting

All students will have received their report cards over the holiday period. I trust that students are proud of their results and the efforts that they put into their studies in Semester One. On the whole, academic achievement in Year 8 and 9 was very pleasing as were results concerning behaviour and effort. On average, 83% of Year 8 and 9 students passed all of their subjects and over 90% of students were awarded fantastic ratings for behaviour and effort. This should be commended!

It is essential that report cards are used to reflect on progress and set achievable goals for improvement. I encourage you to have conversations with your child around their report card and assist them in their education journey. Junior Secondary students during their PROMOTE and curriculum classes will be having discussions with their teachers on strategies they
can put in place to ensure improvement or maintenance of achievement levels occurs.

Students that have been identified as being at risk in terms of their attendance or academic achievement will be required to meet with me to discuss more rigorous strategies for improvement over the next few weeks.

Getting Ready for Secondary School Reforms

We are very excited to announce the appointment of four Junior Secondary teachers as part of the GFRSS reforms whereby teachers have elected to transition from the primary to secondary sector.

Welcome to:

Ms Gill Forder – Mudgeeraba State School
Ms Tomoko Nakanishi – Arundel State School
Ms Tina Maund – Elanora State School
Mr Luke Markwick – Benowa State School

These teachers will be primarily teaching in the Junior School in 2015 and will further add to the dynamic environment of our Junior Secondary School.

Enrolment Information Nights

In 2015 we will be enrolling both Year 7 and 8 cohorts. As such the Junior Secondary team will be running information sessions for parents of current Year 6 & 7 students. These sessions are repeats of those held earlier in the year. The dates for the remaining two events for this year are as follows:

<table>
<thead>
<tr>
<th>Enrolment Information Session</th>
<th>Enrolment Information Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, 24 July 2014</td>
<td>Thursday, 21 August 2014</td>
</tr>
<tr>
<td>Session begins at 5.30 pm in</td>
<td>Session begins at 5.30 pm in</td>
</tr>
<tr>
<td>the Performing Arts Complex</td>
<td>the Performing Arts Complex</td>
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</tbody>
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Focus on ‘Everyday Counts!”

Junior Secondary students were re-issued their attendance ‘traffic lights’ this week. Students should aim to be in the ‘green’ with over 90% attendance. Please ensure that if your child is absent from school that you phone the school absence line to explain the absence. Students may attend the student counter and obtain a printout of their absences and have them explained by a note from parents. Remember “Every lesson, every day counts”.

Year 8 PROMOTE Day “IMPACT”

Our year 8 cohort participated in a presentation from Motivational Media as part of their PROMOTE program. This presentation was a very engaging event that focused on various themes that are extremely important for our young people to consider. Students were asked to consider the impact that their choices had on themselves and the others around them. The presentation challenged students to have direction, courage and commitment and to set goals. These values match with those that we encourage as a school each and every day. I trust that students took away a very strong message from this session and will reflect on their conduct and their relationships with others. “Don’t be afraid to make a change for the better!”

Year Leaders

Year 8 – Michael Vine

In the last week of term two the Year 8’s enjoyed their first Robina SHS athletics carnival on a magnificent winter day. Participation by the cohort was pleasing with many students taking advantage of the opportunity to dress-up. The day was preceded by an incredibly fun and inspiring gee-up assembly performed by the Year Twelve House Leaders.

For our first long PROMOTE session for Semester Two the Year 8’s viewed a video presentation from Motivation Media. The video’s theme was to make an impact with the choices we make. It centred on the incredible things we can do with our lives if we make the choice to positively pursue our goals. Believe and succeed indeed!

Don’t forget to ask your son or daughter about the BUNKA NO HI incursion coming up on July 24. The students will enjoy eight traditional Japanese activities at the low cost of $10 or $20 with morning tea and Obentoo lunch. This is a really enjoyable day so we encourage all to attend.

Onwards and onwards.

Year 10 – Matthew James

The carefree life of adolescents socialising at school is gradually being replaced by the realities of imminent adulthood and the responsibilities that come with this. Already we have Year 10 students who are leaving high school to take on apprenticeships, traineeships or TAFE courses. This is an exciting development for them.

The commencement of Term 3 has thrust Year 10 students immediately into the frightening arena of planning for future vocational possibilities. In Week 1 they researched online work possibilities via the Job Guide online and My Future website – which we hope parents/guardians will also access at home with their child. Additionally on Thursday of Week 1, students were presented with information regarding QCE and the crucial subject selection for Years 11/12. Opportunities for future employment will be enhanced through appropriate subject selection. During this coming task I implore students to speak with peers, parents/guardians/family and teachers as to what subjects can prepare them for future dreams.
On August 13th there will be a Careers Expo and information session involving speakers/presenters from Universities, TAFEs, Australian Defense Force and industry representatives and a school presentation. This will be a fantastic opportunity for students and parent/guardians to inspect what is available and what future opportunities may exist. It is an exciting time for students at this age as they begin the transition into adulthood. Decisions made over the next few months may have a huge impact on a student’s future – good luck!!

**Year 11 – Todd Campbell**

Welcome back to Semester Two!

Students have now had the experience of exam block and the pressures associated with balancing work and study. It was pleasing to see so very many students experience success on their way to achieving the Queensland Certificate of Education (QCE). Our report card results were strong with our academic high fliers on the journey towards a great OP score next year.

The good news…. All students now know the standards required for success! So it is time to get studying and busy with assignments again. Aim high and strive for your very best.

The big thing for our cohort this semester is preparing for Year 12. This means Year 12 Jersey planning, Year 12 Camp preparation and Year 12 Leadership selection.

**Japanese Department News**

**NATIONAL JAPANESE LANGUAGE EDUCATION SYMPOSIUM in Sydney July 10, 11, 12.**

Recently I was invited to present at the National Japanese Language Education Symposium in Sydney. The symposium ran alongside the International Japanese Language Education Symposium at the same site. Hundreds of Japanese Educators from around the world gathered there and what was exciting was that Australia is really at the centre of Japanese Educational Excellence. I was invited to speak about our innovative Japanese programs and as usual everyone was amazed and inspired by what I said and showed them. I made some great contacts and picked up some good ideas that will enhance our language learning here at Robina High. While I was there I met Takahashi Sensei from Mudgee Creek who was also enjoying the Professional Development.

**TERM 3 EVENTS IN THE JAPANESE DEPARTMENT**

1. We have JUKU (Japanese study group) starting every Wednesday after school from Wed 16 July 3:15 to 4:30. Juku will be run by volunteer teachers from the Gold Coast Japan Society and is an exciting study support initiative. Three volunteers will run various curriculum related activities in G410. すごくいい
2. We will welcome a new Immersion teacher in a few weeks たのしみに待っています
3. We will raise funds to support Tore Village, Fiji via our Curry Rice Day July 22 おいしいそう
4. Year 8 students will enjoy a Bunka no Hi July 24 楽しいそう
5. We will welcome students from Chichibu High July 25 to August 4 いいなあ
6. We will host a visit by the Governor of Saitama, Mr Ueda, July 29 to commemorate the 30th Anniversary of Queensland and Saitama’s sister state relationship
7. Mrs McCluskey will have 4 weeks long service leave (August 2 – 28) and Mrs Gray will be in charge.
8. We will participate in the National Australian Japanese Tests August 6 さんがれ
9. We will participate in the State Speech Contest at Griffith University August 17 and さんがれ
10. Year 10 students will go to Japan September 12 行こう 行こう 楽しみもう

WOW!!!! Term 3 is always busy for our Language Department! Thanks in advance of your support

**YEAR 8 BUNKA NO HI (JAPANESE CULTURE DAY)**

Next Thursday 24 July we will not have any regular scheduled classes at Robina High for Year 8 students. Instead we will all enjoy a range of hands on workshops and activities aimed to educate students about traditional Japanese sports and club activities. This relates directly to our Term 3 work in Japanese class.

Notes went home with students on Monday and payments of $10 will be required by Wednesday 23rd July.

On the day students will also be able to purchase a food package which will include morning tea and a drink and a traditional Japanese lunch box with drink. The food package costs an additional $10.

On the day students will be able to wrestle in giant sumo suits, participate in a Ninja workshop, try Japanese drumming, enjoy a Koto and dance performance and meet a famous local anime star.

Sports uniform is required and no books are necessary! We thank parents in advance for their support.

_Sellina McCluskey_
*Head of Languages*

**Science Department**

**MARINE AND AQUATIC PRACTICES 2014**

In a first for Robina SHS, Year 11 Marine an Aquatic Practice students were given the opportunity to train for and complete the Certificate II in Public Safety (Aquatic Rescue). The course was delivered through Surf Life Saving Queensland in conjunction with Brisbane Surf Life Saving Club and with the guidance of experienced Marine Teacher Mr Luke Stratton.

The course provided participants with the knowledge of basic patrolling and surf awareness in order to be able to participate in lifesaving operations. It was a fantastic opportunity for the students to gain a recognised qualification that not only
contributes to their QCE but may also lead to further study and/or employment in the lifesaving industry.

Some of the components of the course included:

- Safety and wellbeing
- Surf awareness and skills
- The human body
- Resuscitation
- Defibrillation and basic oxygen
- First aid
- Radio operations
- Communications
- Rescue techniques
- Carries and supports

Another positive of the program is that a significant number of students have offered to conduct volunteer patrols with various surf clubs later in the year which is a fantastic outcome for the local community and the students.

Sam Wiseman  
Head of Science

Business Department

WIPEOUT WEDNESDAY (WOW)

WOW – While the Hawaiian shirts have been packed away for another year we are proud to announce that we raised $1,090.45 for the P&C’s support of Matthew Forsythe and his family.

The Business Department has commenced planning for 2015, but we already know that combining WOW with the pre-athletics carnival on the last Wednesday of term is a real winner.

WOW is a chance for Business students to put into practice what they are learning about budgeting, product delivery, event management, team work, marketing, and accounting.

Congratulations to all the Business students, Japanese Immersion Business students and staff involved on the day – they all worked incredibly hard to make the day the success that it was.

Janet Smith  
Head of Business

SPORTS NEWS

Interhouse Athletics Results 2014

FINAL POINTS TALLY

<table>
<thead>
<tr>
<th>PLACE</th>
<th>HOUSE</th>
<th>POINTS</th>
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<tbody>
<tr>
<td>1ST</td>
<td>HINZE</td>
<td>1299</td>
</tr>
<tr>
<td>1ST</td>
<td>LAVER</td>
<td>1222</td>
</tr>
<tr>
<td>2ND</td>
<td>GOODING</td>
<td>937</td>
</tr>
<tr>
<td>3RD</td>
<td>FRANKLIN</td>
<td>715</td>
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AGE CHAMPIONS

<table>
<thead>
<tr>
<th>AGE</th>
<th>GIRLS</th>
<th>BOYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>13</td>
<td>BRTUKAN Emerson</td>
<td>JOSH WINTERTON</td>
</tr>
<tr>
<td>14</td>
<td>HANNAH WANLESS</td>
<td>LUCAS KOULOURIS</td>
</tr>
<tr>
<td>15</td>
<td>CASSIE LOCK</td>
<td>LOCHIE KING/TYSON SCHEUNER</td>
</tr>
<tr>
<td>16</td>
<td>TIANA REARDON</td>
<td>TEM SMITH</td>
</tr>
<tr>
<td>OPEN</td>
<td>IZZY GARTH</td>
<td>DAVID KING</td>
</tr>
</tbody>
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100M GIFT WINNERS

BOYS – DYLAN STEWART (YR 12)  
GIRLS- ASHLEIGH OXBORROW (YR 9)

TRACK AND FIELD RECORDS BROKEN - 2014

<table>
<thead>
<tr>
<th>EVENT</th>
<th>RECORD HOLDER</th>
<th>NEW RECORD</th>
<th>PREVIOUS HOLDER</th>
</tr>
</thead>
<tbody>
<tr>
<td>16yrs Boys 4x100 Relay</td>
<td>HINZE</td>
<td>50.64s</td>
<td>HINZE – 52.78 (2006)</td>
</tr>
<tr>
<td>Open boys High Jump</td>
<td>Ethan Dawes</td>
<td>1.83m</td>
<td>Heath Hart 1.83m (2002)</td>
</tr>
<tr>
<td>16 Boys Triple Jump</td>
<td>Brodie Lyon</td>
<td>12.16m</td>
<td>Matt Cook 11.89m (2002)</td>
</tr>
<tr>
<td>Open girls Triple Jump</td>
<td>Emma Ellis</td>
<td>9.84m</td>
<td>Shalee Taylor 9.43m (2003)</td>
</tr>
</tbody>
</table>
Oceanic Track and Field Championships

The Oceanic Track and Field Championships will be held on Wednesday 11th and Thursday 12th August at the Griffith University Gold Coast Athletics Centre. Students who finished in the top 3 positions at our school carnival will have the opportunity to participate on one or both days. Bus transport will be available on both days and students will be given permission slips that indicate the events they have been nominated to compete in. Students who want to compete in hurdles, 3000m or 5000m events need to see Mrs Oldaker in staffroom 3 by Friday 25th July.

If you have any queries regarding the carnival, please don’t hesitate to ring Mrs Oldaker.

Baseball

At the end of term 2 the South Coast Baseball Trials were held for Under 14 and Under 12 players. Robina High had strong representation at the Under 14 Trial with the following boys selected to play at the Queensland Championships in Cairns:

- Dan Shannon, Dan Grant, Nick Johnstone, Brandon Dyer and Jackson Fear.
- Liam Moes, Ryan Towart and Cody Oudsden were selected as shadows.

Well done to all of these students.

The Under 12 Trials were held at Robina High where 40+ primary school students attended. Many of these students will be with our Baseball Academy next year.

Daniel Norton-Smith
Baseball Academy Coordinator

Golf

Term 3 has come around very quickly and six new students entered the Golf Program. There is significant interest from regional areas in Qld and the southern states for 2015 so I am again looking for Host families for these students.

Week 2 we have the following representatives at the Qld Schoolgirls/boys championships at Oxley GC. Good Luck to Peter Lyon, Chris Park, HyunSik Kong, Shalun Hay and Grace Kwack. The Qld teams will be announced at the presentation, and as Robina SHS has a rich history in Qld representation, again good luck to the players.

We have slightly restructured the Wednesday sport time allocation for the students to allow for an increase in instruction time with our coach David Nable. Students will be divided into two groups with play at a course every second week, and tuition at school with David each alternate week.

I would like to remind all of the school community that the program caters for students of all abilities so do not hesitate to contact the school if you are interested.

Shane Stevenson
Golf Coordinator

Robina High Equestrian Team

Year 8 student Shayelle Imeson is still smiling after her recent success representing Robina High at the Stuartholme Interschool Showjumping Competition at Figtree Pocket. In her first Interschool Equestrian competition, Shayelle placed 4th in the AM5 event; 2nd in the A2 event and then WON the Power and Speed event to place 2nd overall in her division at Secondary 80cm. This means that Shayelle and her 14.1hands high black dynamo, Buddy qualified for the State titles after only one competition. The Interschool Equestrian competition is run by Equestrian Australia and follows the guidelines for international competitions in many equestrian disciplines. Robina High has a small but enthusiastic fledgling team and we hope to offer opportunities for these students to shine in their chosen sports.

Equestrian sports as you can imagine, often require the support of dedicated and hardworking parents and carers to travel the long distances and field the many expenses. Therefore congratulations also must go to Shayelle’s mum, Amanda Imeson for her ongoing commitment. Any enquiries regarding the team can be directed to Leslie Young, the interschool equestrian co-ordinator in Staffroom1.

Youth Health Nurse – Helen Dredge

Diabetes Week: Focusing on preventable Type 2 (lifestyle related)

Are you interested in taking care of yourself and your body and most importantly do you make the effort to do so?

If you answer "No" to the above question you’re at risk of Diabetes Type 2, commonly referred as a lifestyle disease. The problem is diabetes used to be thought of as an older person’s disease. However, due to lifestyle changes adolescents are now being diagnosed with Type 2 diabetes. (Is your adolescent active or sitting in front of the TV or computer screen for hours on end?)

Many people have Type 2 diabetes and they don’t even know they have it. The symptoms of type 2 diabetes often develop...
gradually and may be vague and go unnoticed. Too much fat and sugary foods in the diet combined with not enough exercise can make our pancreas go on strike.

Unmanaged diabetes is a major health risk.

Simply being overweight puts you at risk for developing diabetes especially if most of your weight is around your middle.

The most common symptoms of diabetes include:

Feelings of being tired all the time, no energy, irritable, extreme hunger, excessive thirst, frequent urination; especially at night, blurred vision, frequent infections, urinary tract infections, boils and fungal infections, slow healing of cuts and sores, weight gain/and sometimes unusual weightloss.

People with diabetes are more likely to develop cardiovascular (heart) disease, retinopathy affecting the eye and leading to blindness, kidney disease, damage to nerve pathways affecting sensation, this can lead to wounds and limb amputations and premature death.

If you have a family history of Type 2 diabetes your risk of developing Type 2 diabetes is higher.

In most instances Type 2 Diabetes can be prevented and even managed by regular exercise and sensible eating habits.

We have to make the effort to look after ourselves. We only have one body and it has to last us our lifetime, preferably in the best working order for us to enjoy life. So do those stretches, get out of the house and take a walk around the block. Skip the biscuits replace them with fruit or vegetables. Every little bit of activity counts; five minutes here, a few minutes there and these all add up, aiming for an hour throughout the course of the day. Any positive changes are better than none at all. Be kind to yourself and know that you are capable of making small positive changes to your lifestyle.

**Scabies**

Just to be aware there has been some scabies in the school recently.

Scabies is easily transmitted by close personal contact. Scabies is a mite that burrows into the skin and breeds. It can cause intense itching and spread to the entire family if not treated immediately.

The mite burrows into the skin and these burrows can be seen in places on the body like the waist, groin, between the finger webs, and creases of the wrist and elbow. Red welts can appear and develop into sores due to scratching and bacterial contamination can lead to painful infections. This itch is often worse at night, after a hot shower or with exercise. The mites can survive off the body for 24-48 hours. Treatment needs to be given to the whole family and then retreated in another 7 days.

Please be aware if your child is suffering from an itch, observe the site and see your doctor and contact the school if it is detected. It is not recommended to be at school with an active infestation that is not being treated as it can spread to others. Also be aware anyone can get scabies. Scabies is treated with topical lotions and antihistamines may be needed to relieve the itch and scratching.


**Get in the Game**

The Queensland Government’s *Get in the Game* initiative supports sport and recreation at the grassroots level. It designed to get more people, especially children and young people, playing sport and involved in recreation activities.

*Get Started* assists children and young people who can least afford or may otherwise benefit from joining a sport or recreation club. Eligible children and young people can apply for a voucher of up to $150 to help pay for club membership and/or participation fees. The vouchers can be redeemed at a sport or recreation club registered with the program. Applications are now open.

For more information on how to apply for a Get Started voucher, visit www.nprsr.qld.gov.au.