8 August 2014

PRINCIPAL’S REPORT

Hello everyone

It’s been a wonderful week for Robina State High School as we successfully staged our Theatre Restaurant aptly titled “Not Another Murder Mystery.”

Held on Tuesday and Wednesday nights, the reviews were all positive! It was a fantastic evening, with street theatre, dance, music and a great show with outstanding catering provided by the hospitality students. So much talent! Congratulations to all the staff and students behind this fantastic extravaganza.

Next week is an important one for families as we work closely with you to provide information about study options for 2015 and beyond.

Next Wednesday 13th August is a crucial one for all families as the following activities take place:

- **Year 8/9 Learning Pathways Interviews**. These provide families with an opportunity to meet with your child’s PROMOTE teacher, review subject choices for 2015 and reflect on academic progress to date. (3.10pm – 7.30 pm in the Business block). Booking instructions are available through our website.

- **Year 11/12 Learning Pathway Interviews**. These provide families with an opportunity to meet with a PROMOTE teacher, reflect on your child’s progress and update the SET Plan. (5:00pm -7.30pm in the Business block). Booking instructions are available through our website.

- **Subject and Career Expo** – This will be of interest to all families, particularly Year 10s and Seniors considering subjects and future study and employment options. (4:00pm - 6:00 pm in the Student Activities Centre)

- **Year 11 2015 Information talk** – This is relevant for all Year 10 families with information about learning pathways, OP scores, Queensland Certificate of Education and post-schooling options. (5:00-6:00pm in the PAC, followed by an opportunity to book Individual student Pathway interviews which take place on the 26th August.)

Year 10 caregivers are strongly encouraged to attend both the Subject and Career Expo followed by the Information talk.

The Student Council Environment Committee will be running a sausage sizzle on the night from 4.00pm-6.00pm. All money raised will go towards garden beautiful.

For Year 10 families, **Tuesday 26 August** is also an important date to mark on your calendars. Pathways Interviews for all Year 10 students will take place from 5:00-7:30pm in the Business Block. Final subject selection and verification takes place on this evening.

Families can access Subject Selection Booklets through our website to assist prior to the evenings.

We also have a P&C meeting this coming Tuesday 12th August at 8pm in the Administration Block. At the same time, an information session will be taking place for Year 10 families of students travelling to Japan in the Languages Block.

All the very best to our Arts students who are participating in the GCSC Drama Festival and the Gold Coast Eisteddfod in coming weeks.

We are excited to announce that Robina State High School will be joining with the World Challenge group to offer a student expedition to Vietnam and Cambodia in November/December 2015. Visit [www.worldchallenge.com.au](http://www.worldchallenge.com.au) to find out more about this incredible opportunity for students in Years 10-12 in 2015. As well as participating in community service work, they will undertake a range of activities to build their resilience and leadership. Information sessions for students will take place on **Wednesday 20th August** here at school and a follow up session for parents on **Thursday 28th August at 6pm**. More information from the expedition coordinator Dave Purnell follows in this edition.

Student Course Assessment plans have now been published in One School. Students can access these by going to One School ([http://oslp.eq.edu.au/](http://oslp.eq.edu.au/)) and selecting ‘Student Course Planner’ from the available reports.
I look forward to seeing many of you at events taking place at the school in coming weeks.

Kind regards

Julie

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Student Focus for Week 4-6
Actively Participate in Your Learning
Please ask your son/daughter. Are they doing their best in the classroom, every lesson every day?

Opening Night for the Theatre Restaurant

I have to say, I didn’t know what to expect for my first attendance at the Robina State High School Theatre Restaurant. As I entered the school grounds I was immediately greeted by a fabulous display of street theatre. The four performers were dressed in colourful costumes and performed a mesmerising display of artistic movement. Moving on towards the outside performance area, visitors were greeted with mocktails and canapés. The students were professional and attentive ensuring we all had plenty of nibbles to tide us over until dinner.

The outside performances started with a selection of sketches. Each performance was highly impressive and very cleverly written, with students jumping in and out of their various characters. The audience was highly amused.

Entering the theatre restaurant we were greeted by more students who showed us to our seats and made sure plenty of non-alcoholic refreshments were available. Then came the main performance; “Not Another Murder Mystery”. Humour is very difficult to create, but the students made their job look incredibly easy. The audience was thoroughly entertained from start to finish.

The empty plates clearly demonstrated the quality of the food. Main course was a choice of chicken or beef, with options for gluten free or vegetarians. Desert was certainly delicious and something to tickle everyone’s taste buds. There was even offerings of tea or coffee and after dinner treats.

A truly professional outfit. Thank you to all staff and students involved in what was a Theatre Restaurant polished to perfection.

Sarah Price
Deputy Principal

Parliament House Visit – Junior & Senior Captains

Today the Senior and Junior School Captains were hosted at Parliament House by Ros Bates – Member for Mudgeeraba. The students participated in an informative tour of both the Parliamentary Annexe and Parliament House, followed by an observation of question time. Students learnt a great deal about Parliamentary procedures and the day to day lives of a State Member of Parliament. We thank Ros for her hospitality and her ongoing support for our school and wider community.

Senior Secondary News – Jeanette McDonald

Year 12 NEWS

Direct Entry for TAFE Gold Coast 2015 Diploma courses is now open. This is a fabulous opportunity for any Year 12 students to secure a place for 2016. All Diplomas are on offer and all attract VET – Fee Help. A diploma allows students to either enter the workforce at a higher paid level or to articulate into university. (Diplomas are equivalent to and OP 9) Application forms are available either from the Student Pathways office or can be downloaded form TAFE Gold Coast’s website.


All students should tick the scholarship box when applying. Include your personal statements addressing the three listed criteria, school reports and references from teachers or industry if you’ve been working or have had work placement.
Griffith Connect Guaranteed Admission Scheme
Griffith Connect Academic Excellence Bursary
Griffith Connect Learning and Teaching Grant

Applications for the following schemes under the Griffith Connect Valued Partners Program are now life for students to access:

- Griffith Connect Guaranteed Admission Scheme
- Griffith Connect Academic Excellence Bursary
- Griffith Connect Learning and Teaching Grant

Applications are open and close at 5.00pm on Friday 19 September 2014. Information relating to each of the connect schemes is listed on the Griffith Connect website.

https://ask.secure.griffith.edu.au/rd?1=AvMI-wpYDv8S-xb-Gv8E-ylsy_0qk_r7yZh8j7-Pv_0&2=2270

YEARS 10, 11 & 12

Every senior student has a Learning Account which they can access at https://studentconnect.qcaa.qld.edu.au/

Students’ LUI numbers are on the back of their Student ID card and pass word is your birthday. (The help section with students Directions here is really useful if you get lost!) Year 12 OP students access this account for their OP results. They do not need to go in ASAP and change their email address to one they will access once they leave school. The default email is each student’s Education Queensland one, so the day they leave this is wiped!

All students though can access their Learning Account at any time to see their progression and receive final results on exit.

YEAR 11 ONLY

GUESTS- GRIFFITH UNIVERSITY EARLY START TO TERTIARY STUDIES- GUARANTEED UNI ENTRY

Griffith University offers our current Year 11 OP students the opportunity to study one subject from a university degree for the semester one 2015- for free. If students are successful in their GUESTS course they are offered Guaranteed Entry into the bachelor degree in 2016. This is a fabulous way for students to get a taste for what university, http://www.griffith.edu.au/ pathways Go into the GUESTS link and follow the directions. Students download the application form, complete their section and return it to Student Pathways as soon as it’s complete and no later than the first week of Term 4. As courses fill quickly it’s a good idea to get in early!

YEAR 11 & 10

See further in this newsletter for the TAFE Schools programme and the many School-based Traineeships that are available. TAFE offers Cert I II & III courses that run one day a week. Remember that all these courses contribute to a student’s Queensland Certificate of Education. We encourage all our senior students to ‘value add’ to their education especially when the tab for SATs is picked up the government AND students get paid by their employer.

2015 YEAR 11 INFORMATION

All Year 10 caregivers’ questions about OPs QCE, VET and a plethora of other acronyms will be answered at the Year 10 Evening 5.00pm in the PAC Wednesday 13th. Year 10 students have already heard this presentation but are welcome to attend this night as well. Also do use the 2015 Senior Subject handbook to sit down and work out the best options for 2015 and 2016.

Year 10 students have now received information about the Job Guide, myfuture website, 2017 Tertiary Prerequisites, QCE overview and the 2015 Senior Pathways Handbook (also on our website under Quick links) and had various presentations about how senior schooling works. They now need to really examine their choices selecting subjects they will be successful in and will give them a pathway into their preferred career areas. When students come to their Pathways interview on August 26th they should be quite confident in what they want to choose and what they CAN choose... not be umming and ahhing at that point. Please be aware that students who do not fit subject prerequisites will not be enrolled in that subject. Also Year 10 students will have their English and Maths classes preselected using Semester 1 marks and advice from their classroom teacher.

ALSO: We are offering current Year 11 students the opportunity to student the Diploma of Business at school in 2016 so they exit with this most useful qualification which any student can use for direct university entrance in 2016. Many Year 12s are now struggling to work out what they will be doing next year because their results are not strong enough to get them into the courses or jobs they want. However IF these students had undertaken the Diploma of Business this year, they would be ready to go into any number of industries OR directly to university (OP 9 equivalency). I encourage current Year 11 students to see me in Student Pathways if interested in this great opportunity.
Please also consider the two Diploma courses on offer through the school in 2015. These will not appear on a student’s subject selection options as we run them outside the ‘normal’ timetable, even though they occur during school hours. Any Year 10 students interested in either the Diploma of Business (1 year course) or Events (18 months) need to have a talk with me as entry is by interview only. Also Careers Australia who delivers the diplomas for us will be at the Careers Expo to answer all your questions. A Diploma is considered a higher qualification than Year 12, is worth a Selection Rank of 82 which equates to an OP of 9 so can be used for direct entry to work or for university entrance. This is for OP and Non-OP students.

Jeanette McDonald

Year Leaders

Year 8 – Michael Vine

Right now is the time for Year 8s to be thinking and preparing to choose their subjects for Year 9. The best way to achieve this is to access Oneschool on the internet, log on and complete the relevant sections. All students have had access to this at school. However because non curriculum time is short, it is advised that students and parents access this at home to make selections.

Once students have used their EQ usernames and passwords to log on they should choose Set Plan from the drop down menu. The most important tabs for this process are PERSONAL and SUBJECT SELECTION. The Personal tab requires students to reflect on their academic results, reasons for results and strategies for improvement. It also asks students to analyse their goals, strengths, areas to improve and interests. The Subject Selection tab explains and provides the opportunity to select two elective subjects to study with core subjects.

We strongly encourage parents and students to attend the subject selection interviews at school next Wednesday beginning at 5pm. This is a great opportunity for students, parents and teachers to collaborate and choose the most appropriate subjects for Year 9.

See you there!

Year 11 – Todd Campbell

Well time is certainly flying! It is amazing to think preparations are well underway for our Year 12 Camp next February at the Runaway Bay Sports Centre. We are putting together some fantastic fun leadership activities. We have also started preliminary talks about our Year 12 formal! So we ask students to consider being involved in the formal committee and associated fund raising in 2015. We are now fully aware of the School and P&C expectations surrounding our Senior Jersey. The committee is working on the design and students will be asked to vote on their favourite shortly.

We remind students that we are looking closely at those who are following school policy to be eligible for Jersey, Camp and Formal invitations.

It is exciting to think the 2015 Leadership selection process is about to begin. We are looking for applicants for School Captain, Student Council and House Captain positions.

The Theatre Restaurant was absolutely fantastic with most of the cast made up of our talented Year 11’s!! The Dance Troupe were all Year 11’s and we had the finest Music Performances from our Year 11’s too! We are very proud of you all. A big thank you to staff; Kirsten Lamont, Deb Derrick, Cath Harwood and Selina Jones for their hard work with the students.

Year 12 – Cath Harwood

Water Wells

Thank you so much for your support of this project. I have now contacted the Cambodian Child’s Dream Organization to start organising the building of our wells. This a non-profit charity organization in Cambodia who help poor families and school children by providing valuable assets such as: clean water wells, library, English classes, water filters, bicycles, study materials and also sponsor children to go to school. More information can be found at www.caccdo.org . Please remember that it is never too late to help out. Collection day is Thursday every week.

Merit Points

The Year 12 students, although super busy at the moment, are still consistently maintaining the School Wide Positive Behaviour focuses. Congratulations to Alex Currie who was rewarded with a Robina Town Centre voucher for accruing the most points and being our monthly winner.

Talent Quest

The Year 12 Formal Committee is busy organising the annual school Talent Quest which will be held in the last week of this term. Please listen out for when tickets go on sale and come along in support of this fantastic, fun event. Laver House Captain, Max Wilson, will be the host for the evening and it is sure to be a very entertaining night out.

Auditions commence on 25th August and applications are available from Mrs Loddon

Dance Troupe

Both the Senior and Junior Dance Troupes will be representing Robina at the Gold Coast Eisteddfod on Friday 15th August. The Junior Troupe will start at 8.30am and the Senior Troupe will compete at 2.00pm with both groups performing three routines throughout the day. Please feel free to come along to cheer our students on. Tickets for each Session are available at the Gold Coast Arts Centre on the day. We wish them all the very best of luck.
Queensland Ballet

The Year 10 and 11 Dance students got a treat this week with a visit from the Qld Ballet. Ballerinas Sally and Emma conducted a workshop which explored the history of classical ballet and taught the girls some repertoire from the Romantic and Classical eras. A very enjoyable lesson for all.

Gifted and Talented Student Conferences

Last week a number of our gifted and talented students attended a philosophy and ethics conference. This high level intellectual input engaged students with a wide range of topics aimed at stimulating thought beyond the constraints of the curriculum. Students benefitted from a university style of learning in which their knowledge was broadened and their critical abilities up-graded with new thinking tools.

Senior students participated in such diverse topics as: Chaos and the origins of the universe; Justice, Truth and Beauty and whether or not they believe that statues can move and how to justify that belief. They were then engaged in debating the issue “That Custom is King”. Our junior students were exposed to (nanotechnology) the idea that snails have a consciousness. Congratulations to Samantha Beutel and Campbell Trevethan who both made thoughtful contributions to the debate that “Science has replaced God”.

Our Gifted and Talented program continues to provide our students with wonderful opportunities to reach their potential and aim for excellence. Information will be coming out soon on Year 10 Head start Day at Bond University, Years 8-10 Experience Day at QUT, Stem Challenge, AB Patterson Speaking Competition, Poetry Slam, Write4Fun and Intensive programs at The University of Queensland.

Music Department

It’s been a very busy time at the music block lately. Below are photos of us spreading the joy of music around the school and showcasing the awesome talent of Robina SHS students.

25th June – International students Adriano and Bart rocking out on at Wipeout Wednesday on the school Oval.

16th July – Music students went to the Griffith University Bachelor of Popular Music open day. These lucky students got to play on a studio recording Nick Boyan’s original song. They performed on Senior Assembly the week after (Nick-piano and guitar, Shayden Georgeff-guitar, Reece Wellard-drums, Ratema Faitai-bass)

18th July – Sophia Blinks is honoured with the position of Orchestra leader for the Creative Generations Orchestra

24th July – Music students travelled to Brisbane to watch the QLD Symphony Orchestra
Science Department

Exite Camp

Year 10 Extension Science students had the opportunity to attend Exite Camp at Griffith University for an amazing experience. Our fabulous Year 10 girls, Skye, Isckra, Yoori, Grace and Tessa had an excellent opportunity to investigate the impact of IT applications in various industrial environments.

They explored mobile phone app creation workshops, programming and robotics. A real favourite was the virtual reality workshop where the girls managed the technology in a fully equipped VR lab.

The Camp is provided and sponsored by IBM and Robina SHS students have enjoyed this opportunity since 2008. I would thoroughly recommend this activity to your daughters if they have an interest and curiosity in Science. Please contact me for more information mknow7@eq.edu.au.

Meran Knowles

Business Department

Business Model Office and POD I – Place of Developing Ideas

Business Education has created a new innovative ‘business workspace’ which provides teachers and students of business subjects a place to practice office tasks in a simulated work environment.

We teach the theories of modern office spaces in most business subjects and are now replicating this as our classroom.

The educational aims of creating a modern business space include:

- Create a business workspace conducive to collaborative styles of learning
- Facilitation of workplace approaches to practical learning
- Encourage bring your own device (BYOD) models
- Flexible learning space
- Students able to rotate through the Model Office for relevant tasks
- Enables business models of supervisor/worker (juniors), although the design still caters for traditional teacher/learner styles when necessary.
- Use of ipads, fax machines, telephones, photocopiers

The addition of 2 couches and a coffee table have made the space very user friendly. Parents are invited to view the Model Office and PODi during the Subject Expo and Pathways Interviews.

Year 10 English

A substantial part of the Year 10 English curriculum is the study of Romeo and Juliet.

Knowing this, a drama teacher from our own Robina High School, willingly gave of his time to share his passion and vast knowledge of Shakespeare’s work. He entertained us by performing from an array of Shakespearean scripts. The hour passed in minutes!

Mr Morrissey’s presentation was enlightening and has certainly inspired us all. On behalf of 10 English Extension – Thank you for fantastic lesson Sir!

Shaymus Gooley

World Challenge presents the Robina State High School expedition to Vietnam and Cambodia in 2015

Robina State High School are delighted to announce that we are launching a very exciting program which offers students the opportunity to plan, fund and ultimately lead their own month long expedition to Vietnam and Cambodia in November 2015.

This program will be managed by World Challenge, a pioneering educational organisation with 27 years of experience in delivering personal development expeditions for students. The expedition to Vietnam and Cambodia is preceded by a training and preparation program, during which students play a major role in planning their itinerary, which will include project work in a local community and a challenging trek. Students are also supported in setting and achieving individual and team fundraising goals to help cover the cost of the expedition.
program, where on average, students raise over half of the total program cost.

I would like to invite you and your son or daughter to a presentation delivered by a member of the World Challenge team who will discuss the benefits of the program, the fundraising support and safety back-up they provide, and how they deliver a fun, rewarding, and safe experience.

Date: Thursday 28th August
Time: 6:00 pm
Venue: Robina State High School PAC

To learn more about World Challenge, please visit http://www.worldchallenge.com.au/

Japanese News 日本語 ニュース

Saitama Governor Ueda visits Robina High

Robina High hosted a very special guest on Tuesday, July 29. To celebrate the 30 year anniversary of the Queensland and Saitama Prefecture sister state relationship, Governor Ueda toured Robina High. This was an honour as Robina High was the only school selected in Queensland for this special visit. Robina High has had a sister school relationship with Saitama Prefecture’s Chichibu High for 16 years. After a traditional greeting at the front of the school with our baseball team and Japanese Immersion students, along with delegates from the Saitama Prefectural Government, Mr Ueda met with Principal Julie Warwick and Robina High Japanese staff and students. He discussed the importance of our sister school and state relationship as well as future plans for this. Governor Ueda also toured our school facilities, in particular, our Japanese block. Mr Jones with the Year 9 Japanese Immersion Class demonstrated an immersion science lesson and Mrs Gray, the Year 11 Japanese class and Chichibu High students, showed Governor Ueda how we interact in a Japanese language class. The focus of the lesson was travelling to Saitama Prefecture. Governor Ueda commented on the high quality of our facilities and Japanese programs and saw the close relationship we have with Chichibu High. It was a great honour to host Governor Ueda. Robina High Japanese students once again highlighted the quality of our Japanese programs.

Sayonara Chichibu High さようなら

Sister High School of Robina High’s mainstream Japanese Program, once again participated in homestay and our school program. 13 students and two teachers from Chichibu High, Saitama Prefecture arrived on Friday, July 25 and were hosted by Robina High’s kind families. For just over a week, Chichibu students attended Robina High classes with their buddies as well as specialist classes such as English, Biotechnology and Woodwork. They also had many excursions to iconic places such as Currumbin Sanctuary and Dreamworld. Host families showed Chichibu students great hospitality and spent time with them at Surfers Paradise, Robina Town Centre and our beautiful beaches. Students left with great memories of the Gold Coast and Robina High; there were certainly a few tears as they left on Sunday August 3. Thank you to all of our wonderful host families. Robina High students travelling to Japan on the Japan Trip in September have learned about the homestay experience and Japanese culture. The kindness and hospitality they showed Chichibu students will certainly be reciprocated when they are hosted in Chichibu soon.

Grade 8 Bunka no Hi (Japanese Culture Day)

On Thursday July 24, Year 8 students “turned Japanese” as they experienced many Japanese cultural activities. Our current Year 8 unit focusses on Japanese cultural clubs that students do after school in Japan. The Bunka no Hi (culture day) allowed students to participate in “club activities” such as Japanese drumming (taiko), Japanese martial art (aikido), sumo wrestling (in big suits), samurai sword sport (kendo) and festival dancing (yosakoi). We were also lucky enough to have a some famous Japanese ninja actors film a samurai scene with students and an anime expert Ty Hansen, who taught students how to progress from sketching to publishing their art/anime characters. Year 8 students had an amazing day with over 28 Japanese community volunteers teaching many aspects of Japanese cultural clubs. Students also enjoyed a delicious Japanese lunchbox (obentou). A big thank you to Jackie Mikami, Principal of Sakura Gakuen for organising so many Japanese volunteers to help us on the day. Our community volunteers were so much fun – thank you! Learning Japanese at Robina High is truly an authentic and exciting experience!!
Sakura Gakkuen Japanese and Culture School

Robina State High School has a strong relationship with Sakura Gakkuen Japanese and Culture School. Their OPEN DAY is taking place on the 23rd August 2014 here at Robina State High School in the Languages block. All Robina families are invited to come along on the day and join a free “Raising bilingual kids seminar from 10-11am You can register attendance by emailing sakuragakuen@sgc.org.au.

SPORTS NEWS

Baseball

Robina High’s Baseball Academy is proud to announce two of our new coaching staff. John Deeble (Australia Head Coach and Boston Red Sox Scout) and Ono Hisashi (former Japanese major league player) will both be great assets to the program. They will work with long-term coach Kevin Fenn as we continue to develop the best baseball training program in Australia.

Futsal

The Senior Boys competed in the Red Lion last Tuesday and did very well. The boys beat Beaudesert 2 - 0, and then had a draw and a loss. It was great day by all teams. Outstanding performances from Oskar Tycho, Tom Andersen, Brett Lloyd Matthews, Jayden Taylor, and Josh Buxton.

Alex Morrison
Futsal/Soccer Coordinator

Student Success

Congratulations to Anarnya Berlowitz in Year 10 who recently competed in the Australian Swimming Championships in Melbourne. Anarnya won all of her events (50,100,200 Breaststroke and 200IM) at the Regional Championships, placed 1st in two of her four events at State, and placed 5th in the 200 Breaststroke at Nationals. Anarnya also placed 3rd in the Handicapped Relay at Nationals. A fantastic effort from Anarnya, who spends many hours training every week.

School Based Traineeships/Apprenticeships (SATS)

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. https://robinashs.eq.edu.au/Supportandresources/Formsanddocuments/Documents/Student%20Pathways/school-based-traineeships.pdf

2015 TAFE Schools Program

The TAFE Schools Program offers secondary school students in year 10, 11 and 12 the opportunity to attend TAFE Gold Coast 1 day per week over 6 months, 1 or 2 years to complete a Certificate I, II or III course.

GCIT delivers Certificate qualifications in a wide range of industry areas. These courses are one-day-a-week at TAFE and courses all contribute to QCE credits.

Students must have an interview with Student Pathways prior to application.

Application process & key dates

Expressions of interest open are now OPEN and can be submitted online via the TAFE Queensland Gold Coast website – http://tafegoldcoast.edu.au/ Study with Us School Students?Schools Program or by following the link here.

Applications are due by close of business on Friday 24th October 2014.

Please Note: Places will be filled on a first in, first served basis and enrolment is not complete until enrolment forms and payment (as applicable) is completed via Customer Service.

Youth Health Nurse – Helen Dredge

Scoliosis Awareness

Everyone’s spine has natural curves. These curves round our shoulders and make our lower back curve slightly inward. Some people have more pronounced curves in these areas with excessive rounding of the upper back (kyphosis) or arching of the lower back (lordosis).

However with scoliosis, a musculoskeletal condition affecting the spine the curve is S shaped or C shaped from the back view of the spine instead of a straight alignment.

Scoliosis is commonly noticed in the early stages of adolescence, it is more common in girls. Things to look out for are prominent shoulder blades, one shoulder might be higher than the other and the young person may lean more towards one side, the waist may also be uneven and one hip higher and one leg longer than the other.

If you suspect your child has a spinal curvature please take them to your family doctor to have scoliosis treated early and maintain good back care.

Good back care is important for all of us. We all need to continue, or take up exercise which promotes movement of the body, strength and flexibility to assist in keeping the spine.
our core and the rest of the body healthy flexible and strong. Be aware and take with many household chores. Don’t twist and lift at the same time as this can cause back pain, bend your knees if lifting anything and keep your back straight so the weight of the load is taken on the legs rather than the back. Exhale as you lift and this will brace your abdominal muscles and provide extra protection for your lower back.

For more information on scoliosis www.scoliosissupport.org.au

**Back Care and School Bags**

We all know how important our bodies are. We get one when we are born and it has to last us for the rest of our lives, the next 90 years or so?..... If this body is so important and we only get one of them, we really need to look after it as best we can treat our body with respect and care for how we use it?......

From a young age we are taught how important our teeth are, most people have had their eyes checked once in their life,(recommended 2 yearly) everyone is aware of the importance of a healthy balanced diet, however most people are not conscious about spinal health and posture.

Our spines house the most important body system, our nervous system. This nervous system controls ALL our body functions. The nervous system recognises pain which is an alarm that something is wrong. We get our brakes checked in the car so we know that they’ll work when we need them. Why do we then wait till our bodies are sore to fix them?

The importance of carrying school bags correctly, use and overuse of mobile phones, study posture, bending & lifting are all things we have to do. We just need to ensure our back and neck are supported and not strained when doing these things. This is just crucial for young bodies between 11&17 years of age . How the body grows during this time will reflect how your body is for the rest of your life. So you need to at least start off in the best possible way.

Many students carry a variety of school bags incorrectly. The main problems are:

- School bags being carried too low on the shoulders. This causes away in the back and an increase in the lumbar lordosis. Bags need to be tightened so they rest higher on the back up near between the shoulder blades.

- Incorrect weight distribution. Heavier items need to be packed in first as this will allow most of the weight to be closer to the bodies centre of gravity.

- Bags with one strap being carried over one shoulder. This causes muscle tension in that shoulder as the body tries to remain level with the ground. This also predisposes a spine to a side way tilt or a scoliosis.. These types of bags need to be carried across the chest diagonally to distribute the weight better.

- Bags with 2 straps only being carried with one strap. Both straps need to be used so the weight of the bag is in the middle of the spine.

Something as simple as carrying a school bag correctly can take potentially dangerous loads away from stressed areas in young spines and minimize spinal complications later in life.

After all prevention is better than cure. Value and look after your body and appreciate what it does for you. Your body is precious. Please don’t take it for granted.

Stretchers from the Straighten up Australia Chiropractic association These assist in releasing tension in the neck, shoulders and back and are great for everyone of us. For more information checkout www.straightenupaustralia.com.au

**August is Dental Health Awareness Month**

Dental Health Month aims to raise public awareness as around ¼ of Australians have untreated dental decay and only 39% of Australian adults visit the dentist for a yearly check up. As most dental diseases are completely preventable, we need to focus on early intervention and prevention to keep enjoying good oral health.

Let’s keep our teeth for life, and help our children do the same!

Read more at www.dentalhealthweek.com.au

**Gold Coast Child and Adolescent Oral Health Service**

In the case of a dental emergency, telephone the Oral Health Client Service Centre 1300 300 850

Monday to Friday 8:00am – 4:30pm excluding public holidays.