Welcome to 2017

Welcome to another year of learning at Robina State High School. The school continues to grow with enrolments currently at 1435 students. This year we are delighted to welcome a lovely new cohort of 300 students to Year 7 and many new families from Years 8-12. Although we can accommodate a small amount of growth, we continue to manage our enrolments to ensure that there is plenty of space for everyone and that we maintain the family feel which is so important to us.

Ten highly accomplished staff have also joined the Robina SHS community and I would like to welcome them.

Growth and learning require effort.

This year as a staff, we continue to work with students around the notion of mindset. Carol Dweck, world-renowned Stanford University psychologist, talks about the power of our mindset or our beliefs (especially around challenge). We can either have a ‘fixed mindset’ where we let failure define who we are, or a ‘growth mindset’ where we see setbacks as opportunities to grow and improve ourselves. Just like how we learned to walk...there are many stumbles along the way, but to reach our potential and live the life we desire, it takes practice and perseverance.
As teachers and as parents, we can all support young people through encouraging a growth mindset and using language that supports it.

<table>
<thead>
<tr>
<th>Fixed Mindset</th>
<th>Growth Mindset</th>
</tr>
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<tbody>
<tr>
<td>Look smart in every situation and prove</td>
<td>Stretch myself, take risks and learn. Bring on the challenges!</td>
</tr>
<tr>
<td>myself over and over again. Never fail!</td>
<td></td>
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<tr>
<td>Will I succeed or fail? Will I look</td>
<td>Will this allow me to grow? Will this help me overcome some of my challenges?</td>
</tr>
<tr>
<td>smart or dumb?</td>
<td></td>
</tr>
<tr>
<td>“I’m a failure.”</td>
<td>“I failed”. “I’ll try harder next time.”</td>
</tr>
<tr>
<td>Avoid challenges, get defensive or give</td>
<td>Embrace challenges, persist in the face of set-backs.</td>
</tr>
<tr>
<td>up easily.</td>
<td></td>
</tr>
<tr>
<td>Why bother? It’s not going to change</td>
<td>Growth and learning require effort.</td>
</tr>
<tr>
<td>anything.</td>
<td></td>
</tr>
<tr>
<td>Ignore constructive criticism.</td>
<td>Learn from criticism. How can I improve?</td>
</tr>
<tr>
<td>Feel threatened by the success of others.</td>
<td>Finds lessons and inspiration in other people’s success.</td>
</tr>
<tr>
<td>If you succeed, then I fail.</td>
<td></td>
</tr>
<tr>
<td>Plateau early, achieve less than my full</td>
<td>Reach ever-higher levels of achievement.</td>
</tr>
<tr>
<td>potential.</td>
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</tbody>
</table>

We have started the year reinforcing to our students that they can all improve and grow, and with grit and determination, so much is possible.

Please enjoy our newsletter which endeavours to keep our community informed as well as celebrate our ongoing successes as a school. I would also encourage you to follow us on Facebook.

I look forward to meeting many of you at some of our key activities taking place in coming weeks. Please note the following dates:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 8</td>
<td>Sports Academy Information Evening (all new families)</td>
<td>Daniel Norton-Smith</td>
</tr>
<tr>
<td>February</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday 14</td>
<td>School photos</td>
<td>Year level coordinator</td>
</tr>
<tr>
<td>February</td>
<td>All students have received information.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Full day Uniform required.</td>
<td></td>
</tr>
<tr>
<td>Tuesday 14</td>
<td>P&amp;C Meeting 6pm Administration Block.</td>
<td>Di Loddon (P&amp;C President) – <a href="mailto:dlodd1@eq.edu.au">dlodd1@eq.edu.au</a></td>
</tr>
<tr>
<td>February</td>
<td>All welcome</td>
<td></td>
</tr>
<tr>
<td>Wednesday 15</td>
<td>Robina by Night (all Year 7 families).</td>
<td>Aaron Carlisle</td>
</tr>
<tr>
<td>February</td>
<td>Information in this edition</td>
<td></td>
</tr>
<tr>
<td>Wednesday 22</td>
<td>Swimming Carnival</td>
<td>Daniel Norton-Smith</td>
</tr>
<tr>
<td>February</td>
<td></td>
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</tr>
</tbody>
</table>

Kind regards. Julie

The 3 R’s

- Respect yourself
- Respect others
- Respect your school

Next week, six Robina High State High School students will travel to Japan as the AUSTRALIAN representatives at the Parliamentary Debate World Congress. We are one of 13 international teams competing in this global debating competition. Our reputation preceedes us and the trip has been fully sponsored. With Mrs Gray as their champion, students will focus their debates around the Congress theme of becoming "Future Peace Ambassadors." We look forward to hearing about this life changing opportunity and congratulate these students on their selection.
School Photos

School photos for all year levels will take place on 14 February 2017. Envelopes from the photographer have come home with all students this week. Should you wish to purchase a photo of your child, please enclose correct payment and have your child bring the envelope directly to the photographer on the day. The school office will not accept any envelopes or payment for photos.

Please ensure that on 14th February your child comes to school presented in full and correct dress school uniform. It is important that all students (regardless of whether you are purchasing a photo) have a photo taken on this day as the photo will be used for ID Cards. Should you have any questions regarding school photos please contact the relevant Year Leader.

Duke of Edinburgh Award

The Duke of Edinburgh’s Award is an international award recognising the unique contribution young people make to our community. Participation in the award is also a great way to: meet new people, learn new skills, give back to the community and most importantly have lots of fun.

Robina State High School currently offers two levels of the award. Yr 7-8 Students have access to the ‘Bridge Award’ and Year 9-10 Students have access to the ‘Bronze Award’. Both awards comprise of “Skill, Physical Recreation, Community Service and an Adventurous Journey component”. Any students interested in undertaking this rewarding experience must see Mr Weeks in the office ASAP.

Senior Schooling

Senior Schooling Team

Adam Brandis
Deputy Principal

Jeanette McDonald
HOD Senior Schooling

Tait Conditsis
Year 12 Coordinator

Sean McGrath
Year 11 Coordinator

Deputy Principal – Adam Brandis

Welcome to 2017. It has been great to see all of our senior students getting into classes and working hard from Day 1. I would like to take this opportunity to welcome all of our new senior students to Robina SHS, I know you will enjoy your time here.

It is always important to set your routines and goals from the start of the year. Our PROMOTE program has focused on goal setting and reflection on 2016 results. Our goal at Robina SHS is that all of our students attain a Queensland Certificate of Education (QCE). The “Senior Schooling Team” will monitor and assist students in attaining these goals. However, students need to create their own high expectations around study and school work. Effort, attendance and achievement standards need to be maintained all through the year to ensure success.

I wish all the senior students the best success in 2017.

Adam Brandis
abran28@eq.edu.au

HOD Senior Schooling – Jeanette McDonald

Thank you to all the students who have politely waited to see us in Senior Schooling about subjects, changes, QCE credits, SATs and courses. It’s always hectic in the first few weeks and we appreciate the respectfulness shown by our students to working out what are sometimes complex issues.

All senior students should have set their short, medium and long term goals in their PROMOTE classes last week. This year our Year 11 PROMOTE programme is split across the four terms as Growth Mindset- mental wellbeing and goal setting; BRAKES- which is a driver education programme, Healthy Minds- which is about general wellbeing and study habits; Party Safe, which is a government programme designed for Year 11 students moving into the adult world. In Year 12 we also focus on Growth mindset; Healthy Minds and Party Safe but this is with a slightly more graphic and mature look at the world with a self-regulation and harm minimisation message.

As far as academics, effort and behaviour are concerned, seniors will at all times hear the ‘high expectations’ mantra. 100% of our students will achieve their Queensland Certificate of Education or their Queensland Certificate of Individual Achievement. A 92% attendance rate is a minimum requirement. Poor results and attendance continuing after support has been given, means a senior student will be transitioned to a more successful pathway beyond Robina SHS.

In saying that, welcome back and be ready to make every effort for a successful year!

Jeanette McDonald
jmcd074@eq.edu.au

Year 12 Coordinator – Tait Conditsis

Year 12 - A Big Year Ahead!

Welcome back to an exciting and final year at Robina State High School. Your last year of secondary education... ever! I am looking forward to the Avengers making a positive impact.
on our community this year. Your involvement will be key. Please ensure that in your final year you immerse yourself in all opportunities that are presented to you. Our leaders will be very busy and need help with many of their projects. Some of these projects are community service based, others fundraising, whilst some will aim to tighten relationships with the junior school. In addition, all are welcome to participate in the student council, especially if you would like to voice your thoughts on issues and improvements at the school.

Please make sure you hit the ground running this year and find yourself “on the courts rather than in the stands”.

Tait Conditsis
tcond5@eq.edu.au

Year 11 Coordinator – Sean McGrath

Year 11 Welcome Back

I would like to take this opportunity to welcome all Year 11 students and parents to Robina State High School for 2017. Some of you are returning from last year and some are completely new to RSHS. Welcome. What an exciting year full of possibilities we have laid out in front of us. I am certainly glad that I have the opportunity to work with this group of students and teachers.

My focus for this year is that students practise caring for their fellow students in Year 11. I want them to think of this group, often called a cohort, as a community. A community within the RSHS community. A group in which it is safe to be an individual, and be cared for by others within the group. A post appeared recently on my Facebook feed by a comedian, called George Carlin, from the ’70-’80’s. He spoke of the paradox of our time where;

“We’ve learned how to make a living, but not a life. We’ve added years to life, but not life to years. We’ve been all the way to the moon and back, but have trouble crossing the street to meet a new neighbour.” George Carlin

I want our Year 11 community to embrace these words. I encourage them to engage with the following 2017 theme: “Determined”. What does this mean? It means that we are determined to do our best, we are determined to care for others, we are determined to make sure that everyone is included and that no one gets left behind. If we can do that, then we should all be …. OK.

Do you want to join me?

Sean McGrath
smcgr142@eq.edu.au

Middle Schooling

Middle Schooling Team

Megan Tyne Andrew Pearce Tony Levings Maria Boskovski
Deputy Principal HOD Middle Schooling Year 10 Year 9 Coordinator Coordinator

Deputy Principal – Megan Tyne

Welcome to the start of a new year at Robina SHS. We welcome many new students starting with us in Years 9 & 10. Many of them have arrived from interstate, from smaller schools and some from local or Brisbane schools. They bring with them many talents and different strengths and personalities so please ensure that we make them all feel comfortable and happy as quickly as possible.

The first week has been very busy for all our students with new timetables, new teachers and new subjects to get used to. Our uniform standard has been excellent as we all cope with the hot weather. All of our students seem organised and ready to learn and it is important that “the way you start is the way you continue.” The first of our conversations have already started focussing on “making a consistent effort” and demonstrating “grit”. During 2017 we will work together to develop these strengths in all of our students. Be prepared to hear these phrases a lot.

The whole middle school team are looking forward to working closely with all the year 9 & 10 students. We have big plans for 2017 and look forward to you sharing our events and student success throughout the year. Communication is vital so please if you have any concerns you wish to share with us please make contact with us.

Megan Tyne
mtyne1@eq.edu.au

Acting HOD Middle Schooling – Andrew Pearce

Year 9 and 10 are very exciting years for your children. It enables them to reflect on all their learning and make informed decisions about possible subject options to pursue. As the Head of Department in Middle School it is my role to support your child by giving the correct information to them. This information not only takes into account achievement levels but also looks at goal setting, what subjects they enjoy and their effort level in following our three school rules at Robina State High School. Be Respectful, Responsible & Ready to Learn.
Congratulations to the following Year 9 students who became our Junior Leaders for 2017. They have just completed their Flag raising ceremony with RSL representative Doug McDonald.

Andrew Pearce
apear36@eq.edu.au

Year 10 Coordinator – Maria Boskovski

Welcome back to students and families. I am sure you all enjoyed your break and are feeling refreshed and ready for the 2017 school year. It has been wonderful to see students return to school in their new senior uniforms, many of them looking much taller than last time we saw them in 2016!

This year Robina High has a very important focus - we are encouraging a positive approach to learning called the Growth Mindset. The term ‘Growth Mindset’ was coined by psychologist Carol Dweck, and it is “based on the belief that your basic qualities are things you can cultivate through your efforts." It encourages students to realise that successes and accomplishments are the outcomes of development and effort, and to embrace opportunities and challenges so that they can improve themselves and their journey. Personally, I love Growth Mindset and believe it can impact people positively. This year I aim to encourage Year 10 students to develop a Growth Mindset – I hope to see it develop a range of factors in students, including greater effort, accepting more challenges, being comfortable with making mistakes and seeking feedback. For more information about the Growth Mindset, please see the link below.

http://www.youtube.com/watch?v=75GFzkmRY0

2017 is a very important year for our cohort. This year, Year 10 students are expected to make significant decisions about their future. This is necessary so that students can begin taking the appropriate pathways needed to achieve long-term goals. For example, for students who plan to enrol in University after graduation, there may be outcomes that they need to accomplish in some Year 10 subjects in order to earn a seat in some OP subjects in Years 11 and 12. In Term 2, the Year 10 PROMOTE Program will focus heavily on Career Development so that students can begin to make a range of informed decisions. In 2017, please have conversations with your child about their areas of interest, possible jobs that they can pursue and possible pathways to get them there.

I hope 2017 is a wonderful year for everyone. If you would like to contact me at any time throughout the year, you can email me at mxbos0@eq.edu.au

Maria Boskovski
mbos0@eq.edu.au

Year 9 Coordinator – Tony Levings

Feelin’ fine in Year Nine !!!??

Welcome back; let’s get back into routine, reap rewards reach for the stars….’cause we’re taller!

Trust everyone enjoyed some relaxing time with family in the holidays. We are very fortunate to live in such a beautiful area that it’s like a holiday at home anyway. It was pleasing to see so many smiling faces and be greeted accordingly from the students….as if they missed me…as if!! However one sore point I have is that many students have grown taller over the holidays encroaching on my own height…all 169 cms of it!! I’m constantly challenged….vertically! Be that as it may, welcome to a new school year and new and exciting events and challenges for students to encounter.

This year we are focussing on wellbeing and growth-mindset as part of our Positive Behaviour for Learning (PBL) agenda. Year 9 strengths to focus on will be Self-regulation and Gratitude. We will be participating in a pastoral care next Wednesday with this focus in mind, along with some light movement type activities and talks from both our school nurse and our community policeman. I look forward to hearing the student feedback following this experience.

This year we welcome aboard Ms Megan Tyne (Deputy Principal) and Mr Andrew Pearce (Middle Schooling HOD) to our cohort, who have taken over the reins from Mr Ben Weeks and Mr Aaron Carlisle whom we thank for building the foundations and smooth transition from primary school into Year 7 and then Year 8.

All the best for a smooth start to the school year for all of us.

Tony Levings
tlevi6@eq.edu.au

Junior Secondary

I hope 2017 is a wonderful year for everyone. If you would like to contact me at any time throughout the year, you can email me at mxbos0@eq.edu.au

Maria Boskovski
mbos0@eq.edu.au

Year 9 Coordinator – Tony Levings

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Tony Levings
tlevi6@eq.edu.au

Junior Secondary

Tony Levings
tlevi6@eq.edu.au

Junior Secondary Team

Ben Weeks
Deputy Principal

Aaron Carlisle
HOD Junior Secondary

Teonie Rushton
Year 8 Coordinator

Tina Maund
Year 7 Coordinator

Deputy Principal – Ben Weeks

Welcome to 2017. More specifically, welcome to our newest Junior Secondary students. I trust that all students have
enjoyed the first two weeks of Secondary School and are almost settled into their routines. We have numerous events coming up to further assist both students and families to settle into our school community and I look forward to seeing you at one or more of these events.

**Camp**

Year 7 Camp is fast approaching. Details of the camp are printed below. Notes and invoices for Year 7 Camp will be issued within the next fortnight.

**Year 7 Camp**

Emu Gully Helidon  
**Group One:** June 19-21  
**Group Two:** June 21-23  
**Approximate Cost** - $280 per student

Ben Weeks  
bweek12@eq.edu.au

HOD Junior Secondary Schooling – Aaron Carlisle

Students have been encouraged to implement positive study and learning habits at this early stage of the year. This includes establishing daily routines of completing homework, revising class work and preparing to complete assignment tasks well ahead of time. Developing these positive habits and routines early sets a solid foundation for successful outcomes throughout the year. If specific homework tasks have not been set by teachers, students should be taking the time to revise the class work and learning experiences that have been completed that day. The simplest method to do this is to ask you child to reteach the lesson to you or to your family as a whole. It could even serve as the basis of interesting dinner conversation. Food for thought!

Term 1 has a number of key calendar dates that are worthy of saving:

**Robina by Night**

Research has shown that the relationship and communication channels between students, parents and teachers are an integral element to a student’s academic success. Robina State High School values these relationships very highly and encourages parents to be as involved as possible in their child’s education.

Robina by Night sessions will be held for year seven students to allow parents and carers to meet teachers and school staff in a relatively informal setting. In addition to this parents will be addressed by various school support and administration staff to ensure they are up to speed on school processes and procedures. Details for these evenings are below:

**Year 7 – Robina By Night**

Wednesday, 15 February 2017  
BBQ begins at 4.30 pm at Performing Arts Complex  
Session begins at 5.00 pm in the Performing Arts Complex  
And will run until approximately 7:00pm

Immunisations (Year 7 only)

Year 7 Immunisations will occur on 16 May. Year 7 students have been given consent forms for this this week. If you wish for your child to be part of this program, please fill in the forms and return to the office. For further information regarding immunisations please contact the Gold Coast Public Health Unit (Qld Health).
Swimming Carnival - 22 February

Our annual Swimming Carnival will be held on 22 February. Stay tuned for updates on this exciting sporting event.

Aaron Carlisle
acarl61@eq.edu.au

Year 8 Coordinator – Teonie Rushton

Welcome to all new and familiar faces to Year 8 2017. I am very excited to take on the position of Year 8 Coordinator this year and am ready to embrace the challenges and celebrate the successes that this year will bring.

I would like to congratulate all the students on the smooth transition that they have made moving forward into Year 8, after their holiday break. I have seen and heard very positive remarks about their uniform, appearance and punctuality for class this first week back, which I am positive will continue. A special mention to all those students involved in the Sports Academy Day, who on Friday had outstanding behaviour and contributed to the efficient running of the day.

This semester Year 8 will be learning and developing a deeper understanding about perseverance in PROMOTE. It is important to start building their perseverance as they begin to experience the highs, lows and failures that high school and life may bring. Semester 2 will focus on Leadership, which will present the students with opportunities to develop their skills and further prepare those students wishing to nominate and stand for Junior School Captain in Term 4.

We have a lot of exciting events coming up this term including the Year 8 Pastoral Care morning in week three, School photos and of course the school’s annual swimming carnival. Most students will be familiar with these events and I’m sure are just as excited as I am about the opportunities that they will present. I look forward to meeting you all at some stage and working with your support to ensure another brilliant year is had by all!

Teonie Rushton
tush27@eq.edu.au

Year 7 Coordinator – Tina Maund

Hello and welcome to Year 7’s first week at High School.

Wow! What a busy but exciting week we all had! It was wonderful watching the Year 7’s embracing ‘High School’ and leaving the day with a smile on their face. It has been a week of meeting their teachers, learning to read their timetable and to find their classrooms. Next week, they will be off on their own navigating the school grounds. The feedback from staff has been wonderful with many compliments regarding behaviour, manners and positive attitudes in and out of the classroom.

Our theme for Year 7 this year is ‘Celebrate the Adventure’. We will be using this theme throughout the whole year. I believe that High School is an adventure, a journey with many paths to follow, at times experiencing highs and lows, being resilient and persistent, setting goals and following your dreams. Semester One, we will be focussing on ‘Team work’ and Semester 2’s focus will be ‘Kindness’ as this is part of our School Wide focus on ‘Growth Mindset.’ Our Principal Mrs Julie Warwick gave a message to our Year 7’s and would like the students to stretch themselves, take risks and learn, and bring on the challenges.

Another focus this term will be on ‘organisation’. It is imperative that the Year 7’s develop this skill as being organised makes for a good day and alleviates any added stress. Having their timetables visible at home and their bags packed the night before will help in this regard.

In Week Two, the Year 7’s will be participating in a Pastoral Care Morning. This activity is entitled ‘Getting to Know Your New School’. Students will be able to familiarise themselves with their surroundings which will help them to move around to their classes. They will be ‘Super Sleuths’ and will be in Promote teams. This is an opportunity to make new friends and promote healthy competition amongst other Promote classes.

Thank you for your cooperation in the transition to High School for Year 7. The students looked smart in their uniforms and were ready to learn. I am looking forward to meeting you all at our ‘Robina by Night’. Thank you for your ongoing support as we are all here to help with your child’s individual journey. Have an amazing year!

Tina Maund
tmau2@eq.edu.au

A cutting edge sporting institution where high performance and success are demonstrated across all aspects of each student-athletes’ growth at Robina State High School

The Robina Sports Academy continues to evolve as one of the best sporting foundations for junior athletes on the Gold Coast. Our growth over recent years has been nothing short of phenomenal with 350 students now in one of our 6 sporting programs.
2017 has already kicked off to a flying start with our inaugural Sports Academy Day held last Friday. Students had the opportunity to listen to guest speaker Matt Ford (Director of High Performance at the Gold Coast Titans), perform a range of activities in their chosen sport and participate in whole group activities teaming up with other sports students of different ages and sporting backgrounds. The day gave everyone the opportunity to understand the high expectations required of an Academy Student and learn more about human performance. Everyone received their 2017 training shirt and our “Athlete Agreements” were also distributed. Parents are reminded to have their child return the agreement by Friday 3 February.

This term students will work through SAM Putt Lab, Short Game Testing, Physical Screenings, 3D Biomechanical Analysis and advice around Sports Psychology through the variety of service providers that we have on hand for Robina Golf Academy students. Having such a myriad of advisors working with the students is a real point of difference for us and something I am very proud of. The High Performance Tier sees fifteen students participating in 2017. These students are provided with a greater number of sessions with Golf Australia service providers also.

Good luck to all participants with their development in 2017.

Shane Stevenson
sstev26@eq.edu.au

Futsal/Football Academy

Junior Futsal/Football (Teonie Rushton and Mitchell Roe)

We would like to welcome all new and returning junior players to the Futsal/Football Sports Academy for 2017. We are looking forward to many upcoming tournaments this year, starting with the South East QLD Futsal Titles at Cornubia with the date still to be announced. Our football season also kicks off with the Interschool Sports competition on March 1st, which we will be training and selecting squads for in the upcoming weeks during our Wednesday sport sessions.

Our girls training will officially commence on Friday February 3 with a futsal session in the SAC at 8:00am while our boys have already started earlier in the week. Please ensure that all students have the appropriate gear for both training sessions i.e. football and futsal boots, shin pads etc.

Our new futsal/football uniforms have just arrived and are now available in the uniform shop.

A reminder to all players to please ensure they have read, signed and returned their player agreements asap to Miss Rushton or Mr Roe in staffroom 3. We look forward to what this year has in store for our squad!

Mitchell Roe
mroe17@eq.edu.au

Teonie Rushton
trash27@eq.edu.au

Open Futsal/Football (Alex Morrison and Prue Donohoe)

The open players are really keen to get back into it and have had a great start to the year. We have South East Titles coming up soon with the hope that our teams will qualify for the Queensland State Titles. The senior boys will be led by Kurtis Goodwin and Ayden Dwyer who have looked great in pre-season. Yukiya Takahashi is the best goal keeper in the state and Cameron Traynor is a rock at the back. Our girls will also be strong with Evie Garth, Kijana Walker and Kimberley Shrimpton leading the way. We are super excited for the boys this season!

Alex Morrison
amorr194@eq.edu.au

Prue Donohoe
pdono19@eq.edu.au

We are already looking forward to many exciting upcoming events including:

- Sports Academy Information Night (for all Year 7s, new students, and their families)
- Oceanic District Swimming Carnival Thursday 16 February (Nominations due Thursday 9 February)
- Urawa Gakuin High School (Japan) Baseball Visit Tuesday 21 February
- School Swimming Carnival Wednesday 22 February
- Various Oceanic District and South Coast Regional Sport Trials

With our high quality coaching staff, tirelessly working directors and outstanding athletes, 2017 is already shaping up to be our best year yet. We look forward to continuing to work with the students as they progress on the sports field and in the classroom.

https://m.facebook.com/story.php?story_fbid=10154184085856723&id=96933606722

Newly enrolled Sports Academy student Jasmine Parr has been a great addition to our school. I wouldn’t like to be behind one of those punches. All the best at Nationals Jasmine!

Daniel Norton-Smith
dnort4@eq.edu.au

Golf Academy

Welcome back to 2017 with the Golf Academy student numbers at their strongest in the school’s history. As a result, there has been an increase in the number of coaches available to players to pass on technical information through smaller groupings.

This term students will work through SAM Putt Lab, Short Game Testing, Physical Screenings, 3D Biomechanical Analysis and advice around Sports Psychology through the variety of service providers that we have on hand for Robina Golf Academy students. Having such a myriad of advisors working with the students is a real point of difference for us and something I am very proud of. The High Performance Tier sees fifteen students participating in 2017. These students are provided with a greater number of sessions with Golf Australia service providers also.

Good luck to all participants with their development in 2017.

Shane Stevenson
sstev26@eq.edu.au
Baseball Academy

Robina's first ever Sports Academy Day saw the baseball players dive into both gym and field testing at their very first season back, i.e. hitting for distance, throwing velocity, 60 yard sprint, maximum height box jump, etc. Some of the results were a great improvement on past tests and, with baseball being a summer sport, this demonstrates the players continued development through the holidays.

The focus for the Baseball Academy this year is embracing the title of 'Student Athlete'. Not only should students be performing on the diamond, but also in the classroom. With that message, student athletes are encouraged to bring back their 'Athlete Agreement' as soon as possible and return to myself.

Students are also reminded to be in full uniform for morning practice and on sport days, i.e. training shirt, appropriate footwear for gym or diamond - and then to change back into school uniform. Baseball equipment is also required for field and Wednesday Sport. I highly recommend players bring some nutritious food with them for after training.

Training Days:

- **Years 7 & 8**: Field on Tuesday morn (8:00am) and Gym on Friday (8:00am).
- **Years 9 & 10**: Gym on Tuesday (8:00am) and Field on Friday (8:00am).
- **Years 11-12**: Gym on Monday/Thursday morn (8:00am) and Field/Theory on Tuesday afternoon (1:50-3:00pm).

Baseball sessions are also on every Wednesday afternoon from 12:30pm-3:00pm for all year levels

Upcoming Events:

- South Coast Open Softball Trials (9 February)
- South Coast Open Baseball Trials (14 February)
- Urawa Gakuin visit (21 February)

Tim Davison
txav9@eq.edu.au

Netball Academy

The first of many years of Netball excellence has hit Robina State High School!!!!!! This year our netball sports excellence program kicked off to a fantastic start with over 30 motivated girls. The addition of Netball to our academy of sports program ensures a bright future for netball excellence at Robina State High. Janette Watson is our coach. Janette is one of South East Queensland's top coaches and we are very grateful and lucky that she will be leading the girls through their training sessions every week.

Netball News.....Over the Christmas holidays while most of us were enjoying the surf, sand and sun one of our awesome netball girls Renay Littleboy was competing in the Australian Under 16 indoor netball competition.

Whilst Queensland did not win the competition Renay played brilliantly and impressed all that watched so much so that she was selected in the Australian squad out of 70 girls as a shadow player.

We now have an Australian player amongst our Netball Academy girls!!!!!!

Julie Cooke
jcook137@eq.edu.au

From our coach Janette Watson:

Welcome to the inaugural 2017 Netball Academy Program. Training started Monday afternoon with lots of enthusiasm from all of the girls. We have a range of girls in age and ability with some very talented players amongst them. Some of our senior girls will be excellent role models for our junior up-and-coming future stars.

Each week we will work on a range of skills and drills to enhance each individual student’s performance. Testing will be next Monday afternoon and each term the students will be assessed in 4 areas.

Training each week will be on a Monday afternoon in the SAC (3:00 – 4:00pm) and Thursday morning on the outside courts (8:00 to 9:00am). Please bring water bottles and sports shoes for each session.

We will again compete in Vicki Wilson competition later in the year after a very successful first year in the competition last year.

Looking forward to an exciting, fun and enjoyable year of netball.

Triathlon Academy

I would like to welcome all the triathlon students to Sports Academy for 2017.

This week we have started our full training load. Below is the permanent list of training sessions starting in week 3:

<table>
<thead>
<tr>
<th>Monday</th>
<th>Swimming – Bond University High Performance Centre (Next to C Bus Super Stadium)</th>
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<tbody>
<tr>
<td>7:30-9:00am</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>Cycling (Various Locations)</td>
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<tr>
<td>12:30-3:00pm</td>
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</tr>
<tr>
<td>Thursday</td>
<td>Running (School Oval)</td>
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<tr>
<td>7:30-9:00am</td>
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</tbody>
</table>
Other Information

Swim: All students will require goggles, a pool buoy and a kick board for all swim sessions.

Bike: There is space at school to store students’ bikes. You can either leave them here Monday morning and pick up Thursday afternoon or just bring them Wednesday morning for the bike session that afternoon. IT IS COMPULSORY ALL STUDENTS HAVE AN AUSTRALIAN STANDARD HELMET. It does not matter what type of bike you have at this stage.

Run: Joggers, water and a change of clothes is required

School Showers – Students are welcome to use our school showers after training. At school these are located in the SAC and are recommended particularly after running and with this hot weather we are having.

A reminder to all students to please ensure they have read, signed and returned their player Athlete Agreements to Mr Roe in Staffroom 3. I look forward to what this year has in store for our squad!

Mitchell Roe
mroe17@eq.edu.au

League for Life and Community, Action and Service (CAS) Programs.

2017 is already shaping up to be an exciting and rewarding year for the students in these programs. We would like to welcome back all of the students in the League for Life Program. Our year 10 students have moved into their mentoring roles with Mr Stratton as their PROMOTE teacher. Mrs Knowles’ students are now in year 9 and will be excellent leaders for our junior students. Mr Robinson’s year 8’s have settled in well and are keen for new challenges. I’d also like to welcome the Year 7 CAS students and families. This is the inaugural year for our Community, Action and Service program and we have a fantastic group of male and female students enrolled.

As with the LFL Program our new ‘CAS’ Program aims to enhance outcomes (academics, leadership, character building, community mindedness and lifestyle choices) for active, highly motivated young people. This is achieved using innovative boys’ and girls’ education initiatives whilst incorporating physical activity and community mindedness as catalysts for teaching and learning. Graduates of this program will be equipped with the skills, knowledge and capabilities to be our future leaders.

Information regarding the extracurricular activities will be emailed to parents and caregivers shortly. I am looking forward to witnessing the students as they develop the skills and ability to achieve their goals this year. I’d like to thank in advance all of the community members that support our students.

Let’s make this year a beauty!

Luke Higgins
lhigg21@eq.edu.au

Indigenous News

This year our Indigenous programs welcomes Kerri Beckwith. Kerri has so much experience in working with young people at many schools including Robina SHS. She will be working closely with our Indigenous students in classrooms and through programs such as; Deadly Choices and AIME. Kerri will be at school on Mondays, Tuesdays and Thursdays.

Finance

2017 STUDENT RESOURCE SCHEME

Just a friendly reminder regarding the 2017 Student Resource Scheme. By now, your child’s 2017 Student Resource Scheme form should have been completed and returned to the Payment Window. Your 2017 Student Resource Scheme fee should be either paid in full, the first instalment paid up or your Centrepay form completed and returned and your first payment made. We understand how busy this time of year can be for parents, so if it has slipped your mind, please give Greta in the Payment Window a call to arrange payment. Unfortunately we cannot issue students any resources until the form is signed, returned and payment made.

PAYMENT WINDOW CONTACTS

Phone: 07 5562 3449
Email: accounts@robinashs.eq.edu.au

PAYMENT WINDOW OPENING TIMES

Monday – 7.45am – 2.00pm (Closed 12 – 12.30 for lunch)
Tuesday – CLOSED
Wednesday - 7.45am – 2.00pm (Closed 11.45 – 12.15 for lunch)
Thursday - 7.45am – 2.00pm (Closed 12 – 12.30 for lunch)
Friday – CLOSED

Please do NOT send students to school with payments (particularly cash) on Tuesdays and Fridays as the window is closed on these days.

2017 END OF TERM CLOSING DATES

The Payment Window closes just prior to the end of each term to allow for end of term reporting and processing. During these times (as listed below), no payments can be taken at the window or over the phone. Payments done through BPoint, QParent or Internet Banking are automated and the only payments accepted during closed times. We strongly encourage you to use these digital payment options as you can make payments 24 hours a day, 7 days a week.

TERM 1, 2017

Closed 24th March – 17th April

TERM 2, 2017

Closed 16th June – 9th July

TERM 3, 2017

Closed 8th September – 2nd October

TERM 4, 2017

Closed 24th November – 14th January 2018
Parents & Citizens

The first meeting for the year will be held on February 14th at 6:00pm in the Administration Block. All welcome.

Casual position in the Canteen/Kafe available. Need to be flexible and on call for work when necessary.

Phone Di Loddon on 55623402 or email dlodd1@eq.edu.au

School Based Youth Health Nurse – Helen Dredge

School bags and back care

The importance of carrying school bags correctly, study posture, bending & lifting are all things we have to do. We just need to ensure our backs are supported and not strained 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 a sway 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 body’s 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.

- Padded shoulder straps are important to avoid pressure on the nerves around the armpits and the maximum weight of the backpack should not exceed 15% of your child’s body weight.

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. We all want the pleasure of vitality and movement, free of pain…..so value and look after your body and appreciate what it does for you. Your body is precious. Please don’t take it for granted.

Also it’s important to be aware of scoliosis and signs of this which affects the curvature in the spine.

http://www.scoliosis-australia.org