SPRINGWOOD HIGHLIGHTS

Our vision: The highest expectations

Five Platforms: Academic Excellence, Student Wellbeing, Community, Sport and the Arts, Pathways

Julie-Ann McCullough
Principal
Email: office@springwoshs.eq.edu.au

FROM THE PRINCIPAL

School Leaders and Representatives

Congratulations to students from Year 8 to Year 11 who have been selected as year level student representatives for 2013 along with our Year 12 student leaders. A very successful morning tea was held to celebrate the appointment of the year level leaders with both parents and students attending. Springwood State High School is committed to ensuring that we provide opportunities for our students to have a say regarding key initiatives in the school and to be provided with leadership opportunities. Year level leaders will meet regularly to discuss initiatives that are relevant to their year level and all leaders (Year 8 – 12) will come together during the year to form a Leadership Representative Council.

Our Student Leadership Council will continue with Year 12 representatives. There are four committees which make up the Student Leadership Council and these are Community & Fundraising, Arts & Entertainment, Sports & Recreation and Welfare & Environment. Students in these committees are already working hard on their plans and goals for the year.

School Pride

Big congratulations to our ground staff who are doing a sensational job of renewing some of our garden beds and areas around the school. Our grounds are looking great and we have the addition of Aboriginal and Torres Strait Islander flags flying proudly off our flag pole. Taking pride in the surrounds and providing a cared for and pleasant environment for student learning is a priority.

Well done to students who are also following our SMASH (Student Management at Springwood High) program and the focus of the week that appears in the Student Organiser. Students are attending school in full school uniform and are focussed on their learning.

Next Steps – A destination Survey for our 2012 Year 12 school leavers

The Queensland Government is conducting its annual statewide survey of all students who completed Year 12 in 2012. The Next Step survey is a brief, confidential survey that gains a comprehensive picture of the employment, study and life choices made by Queensland school completers in the year after they finish Year 12.

Between March and June, all students who completed Year 12 last year can expect to receive instructions to complete a web-based survey or a telephone call from the Government Statistician to complete the survey. If you had a student complete Year 12 last year, please encourage them to participate in the survey.

For more information visit www.education.qld.gov.au/nextstep or telephone toll free on 1800 068 587.

MCCULLOUGH, Julie-Ann
Principal

DATE CLAIMERS

2013

Tuesday 19th March
- Immunisations Yr 8 & Yr 10
- Yr 12 OP Information Evening
- P & C AGM
7pm Common Room
Administration Block

Friday 22nd March
- Harmony Day

Friday 29th March
- Good Friday

SCHOOL HOLIDAYS
Monday 1st April —
Friday 12th April

Monday 15th April
- Term two begins

Friday 19th April
- School X-country

Monday 22nd—Friday 26th April
- Moving Opera

Thursday 25th April
- ANZAC DAY

Friday 26th April
- Yr 11 RYDA Driving Program

Wednesday 1st May—Friday 3rd May
- Yr 8 Camp

Friday 3rd May
- Logan District X-country

Tuesday 14th May—Friday 17th May
- Naplan

Our school values:
- Respect
- Industry
- Cooperation

P AND C MEETING

P AND C - ANNUAL GENERAL MEETING

Tuesday 19th March, 2013
7pm in the Administration Block Common Room
All welcome to attend.
Vaccination clinics for Year 8 and Year 10 students this week……

Vaccinations for Year 8 and Year 10 students will be held on Tuesday, 19th March as part of Queensland Health’s annual School Based Vaccination Program.

Consent forms should have been returned, however they will still be accepted on the day. Please note that all consent forms should be returned, indicating whether or not you wish your child to be vaccinated at school. If you have not signed and returned your child’s consent form, please do so immediately.

You are strongly advised to take this opportunity to have your child vaccinated against serious vaccine-preventable diseases whilst these are being offered for free.

If you have misplaced your child’s consent form, extra copies can be downloaded from Council’s website at http://www.logan.qld.gov.au/community-support/health/immunisation.

LAB BLAB NEWS FROM SCIENCE

All Year 8, 9 & 10 Science students have a new textbook called ScienceWorld. Students can also access their text from home via http://www.onestopdigital.com.au and use the access code from the inside cover of the text to register. Students can also access their class via their MIS logon https://mis.eq.edu.au/eq/home.jsp and click on elearn. Here students and parents will find term planners, assignments, teaching resources and videos.

The Year 8, 9 and 10 students will all have tests and or assignments prior to Easter. In the Senior School the Marine and Biology students are learning snorkelling skills in readiness for the Heron Is. Camp in August. Science21 students in Year 12 are making fruit wine and we hope to have our presentation to parents in term 2.

Tutorials for senior students occur on Mondays after school (2:45-3:30pm) in C1. Biology and Chemistry with Ms Cliffe and Physics with Mr Graham.

QUT Vice Chancellor’s Stem (Science, Technology, Engineering and Urban Development) Camp

In 2013, high achieving Year 11 students will have the opportunity to attend an interactive camp and engage in first-year experiences of STEM degrees at the Science and Engineering Centre. Held over four days at the beginning of July, the camp will give students a taste of all STEM disciplines and hands-on, intensive exploration of a project in their chosen discipline. Applications for the camp opened on 1 March and interested students are encouraged to apply early. For more information phone 3138 1801 or email stem.schools@qut.edu.au.

WANTED: DVD/VCR player for Science. These players are no longer available from any electrical store and we would appreciate any donation of one.

TARMAC TALK NEWS FROM AEROSPACE STUDIES

This year we have an Aviation/Graphics class with Mr Black teaching some aviation themes. These students are also together in a Science class and will start Rocketry Science next term.

The after school Aviators club meets every Tuesday 2:45-3:45pm in room C7. The Year 8’s are welcome to join us from term 2. Application forms are available from Science and the cost is $10 per term. We plan to start with a kit rocket called “Avions”.

The Year 11’s are about to participate in their first excursion to Brisbane airport on Friday 15th March. (Kingsford Smith memorial, Observation point, Qantas domestic, Aviation Australia training and Qantas hanger 3.)

The Year 12’s visited the Brisbane airport last week to study domestic airside turnaround time, Air NZ and Toll Air Freight.

MORE FROM THE MATHS DEPARTMENT

Tuesday afternoon Tutoring has been a raging success so far this term… and it will only become bigger and better with the impending EXAMS!!!! Study up 😊

ABOUT CALCULATORS:
All students require their own calculator in every lesson. For Years 8-10 classes a scientific calculator is sufficient. If your student studies Year 11 or 12 Maths B a GRAPHICS CALCULATOR is required.

The type we use is the Ti 84 Plus. The cost for a new Ti84 is $195 (Officeworks) or $140 through ABACUS.

We will be purchasing 40 calculators to HIRE @ $40/year – through the Admin and Library borrowing scheme.

PLEASE call Ms Townsend Ph# 33806112 or email ltown7@eq.edu.au for further information.

Other brand types may be problematic if you purchase a graphics calculator… so please check with me first!
INSTRUMENTAL MUSIC NEWS

Thanks to all the Instrumental Music students and Drum Line students for their efforts during Term 1. It has been a quick but a very rewarding term with all groups busy. The String Ensemble and Drum Line students participated in the Leaders Induction Ceremony for the 2013 school captains. This is always a performance that needs solid work in the preparation and these students played very well.

These same groups were involved with the Logan ENABLE Dux Dinner in March. This was a great occasion where we had the opportunity to play for a much wider community that involved many principals and students from Logan schools, Logan City Mayor, local and state political members. John-Paul Langbroek (State Minister for Education, Training & Employment) was a keen audience member and was kind enough to come over and chat to the String Ensemble and have photos taken. Thanks to Mrs Mareroa (HOD – Performing Arts) and Mrs Docherty for coming on the evening also.

We also had the opportunity to take Instrumental music and class room music students to see the Queensland Symphony Orchestra. The QSO conduct an Open Rehearsal for high school students. This is a very interesting time for the students as they see a professional orchestra working towards repertoire that they then go on to perform. The format of this rehearsal should resemble a little the work that we do every week at our school rehearsals. Hopefully there are some students that may be interested in pursuing a career in music. This is a great chance to see the professionals working. QSO have also recently moved in their new studios as part of the new ABC building at South Bank. It was great to see our state orchestra working in their new surroundings. Hopefully we can see another performance by this orchestra again during the year.

Thanks to the IMPS committee for supplying the buses for these excursions. Thanks to the families also for having their students organised for these events.

The Symphonic Wind group was active during the recent Open Day at the SSHS. This was fortunate that the organisation occurred on the day of rehearsals. We hope that there were many families that saw this group perform and would be keen to have their primary children continue their music education at SSHS. Thanks to the students and Ms Sullivan for their efforts.

ANZAC Day will be upon us very early in Term 2. We have once again been asked to perform at the ceremony for the Springwood Branch of the RSL – all instrumental students are involved. We will be organising a combined rehearsal for all String Ensemble and Symphonic Wind students early next term. This ceremony is on ANZAC Day and all friends and family members are welcome to attend. More details to follow.

Have a safe and happy holiday break. See you all for Term 2.

Instrumental Staff
HOSPITALITY AND BUSINESS FACULTY

BEAQ ACCOUNTING FORUM EXCURSION
On Friday 15th February the 12 Accounting students attended QUT Gardens Point Campus for the BEAQ Accounting Forum. This popular excursion provides students with an opportunity to experience university life by attending three lectures from a choice of topics including: E-business, Decision-Making using Accounting, Financing and Investing, Accounting as a Career, and The Accounting Profession.

Each participating student received a satchel containing brochures on accounting courses and career pathways, together with gifts of rulers, highlighters, pens and chocolates. In addition, one of our students won a QUT calculator for his participation in one of the lectures he attended.

GriffithBUSINESS Year 12 Program
On Monday 18th February seven of our Year 12 students joined students from secondary schools in the Logan District to participate in the GriffithBUSINESS Year 12 Program. The GriffithBUSINESS Year 12 Program provides the opportunity for students to experience lectures, tutorials and assessment activities in a university environment. This program aims to prepare students for the transition from the supported high school style of learning to the more independent framework of university life.

The students first attended a lecture which provided with an insight into how life as a university student differs from that of a secondary school student.

Following morning tea, students were divided into two strands – those who expressed an interest in Commerce and those in Business Management. They then attended strand-specific lectures on E-Recruitment (Business Management strand) and Emissions Trading Scheme vs. Carbon Tax and the arguments for and against both (Commerce strand).

In the afternoon students attended Tutorials where they were guided through their group assessment tasks. For their assessment, the Commerce students were required to present their group’s findings on possible ways to reduce carbon emissions to their peers.

The day’s program concluded with student feedback being positive on the format of the day – the wet weather being the only real negative.

SUNCORP STADIUM EXCURSION
On 22nd February, Year 11 students from the Business Communication and Technologies, and Business Studies classes visited Suncorp Stadium to gain an insight into how a major events business conducts its activities.

The students were treated to a guided tour of the stadium and discovered the wide range of activities that are conducted by the stadium’s management and staff on behalf of patrons and the venue hirers, which include Brisbane Broncos, Queensland Reds and Brisbane Roar. In the process, the students visited many parts of the stadium, including function rooms, corporate boxes, changing rooms and press rooms.

HOSPITALITY AND BUSINESS FACULTY (con’t)

During the tour, the students were able to observe preparations for the following day’s Reds vs. Waratahs match. It was pointed out that while Suncorp staff were responsible for the facilities at the stadium, the Queensland Reds, as hirers, were responsible for ticket sales and their sponsors’ advertising signage.

Among the key business issues demonstrated during the tour was the stadium management’s commitment to corporate social responsibility through its focus on maintaining its relationship with residents near the stadium, and through its commitment to sustainable environmental practices.

Overall, it was a very informative experience for the participating students.

Does your child suffer asthma or eczema?

Every day thousands of Australian children suffer the effects of asthma and eczema, and families struggle with illness management and children's behavioural and emotional adjustment.

Positive Parenting for Healthy Living is an adaptation of the successful Triple P - Positive Parenting Program, offering practical ideas and support for parents of children suffering asthma or eczema. This innovative group program is designed to help parents manage their child’s illness, assist children in coping with their illness and emotions, and prevent and manage difficult child behaviour.

Over the next few months and for a limited time only, parents of 3-10 year old children suffering asthma or eczema are able to access Positive Parenting for Healthy Living Triple P free of charge as part of a University of Queensland research project. Contact Amy Mitchell on (07) 3365 7305 or email healthyliving@uq.edu.au, or visit www.exp.psy.uq.edu.au/healthyliving for more information.

Urgently required: Host Families

Yumoto High School (Japan)

Sue High School (Japan)
2 Aug 2013 - 9 Aug 2013

Contact: 0421 744 339 (Ritsuko)

Email: ajsp.ritsuko@gmail.com
**SENIOR SCHOOLING NEWS**

**Year 12 Immersion Programs**

Last week all students in Year 12 were engaged in an Immersion Program which was designed to support them in their selected pathway. Congratulations to all students involved and to the teachers who worked hard to support you in this program.

**Workplace Practices**

It was timely for students completing the Certificate II in Workplace Practices to develop skills such as searching for industry specific jobs, refining their resumes and application writing and participating in mock interviews. Whilst many of our students are engaged in part time work this has been a valuable learning experience as they progress through their final year of schooling and begin to focus their goals for further training or seeking employment.

The Certificate II in Workplace Practices is a nationally recognised qualification which, upon completion, will contribute four points towards the QCE. A component of this qualification provides our students with the opportunity to participate in structured work experience and gain real-world employability skills that will help equip them for success in a rapidly developing workforce. We are currently seeking businesses in the local area who are willing to take on a Year 12 student for a one-week block of work experience in June this year. Students have nominated an industry area of preference, have consolidated their learning about OH&S requirements and the employer expectations they are required to meet in the workplace.

At Springwood SHS, we understand the importance of our students being job-ready and aware of the expectations of industry. We would love to hear from local businesses who are willing to help equip our students with vital life skills and a taste of life in the workforce. If you would like more information about the work experience program, please contact our Industry Liaison Officer, Rachel Parker on 3380 6111 for more information.

**QCS**

Our Year 12 QCS students spent one day with a specialist from Mighty Minds engaging in strategy based problem solving and skill building for the three testing types; Writing Task, Short Response and Multiple Choice. The students then maintained their focus on Thursday and Friday participating in a full QCS practice test. This is an important part of the student’s preparation for the actual QCS Test in September as they experience the rigors of the testing environment. The students will receive detailed feedback on their current achievement and areas of strength. Together we will use this to tailor student learning experiences within their BLAST and subject classes to help maximise their outcomes throughout the year.

**Embarking on your future pathway...today!**

Each year a select group of university and TAFE institutions offer the opportunity to Springwood’s dedicated Senior School students to begin gaining credit towards their tertiary pathway while still completing their school studies.

We are very proud of the following Year 12 students who have all been accepted into positions the **GUESTS Program: Griffith University Early Start to Tertiary Studies**

<table>
<thead>
<tr>
<th>Year 11</th>
<th>Year 12</th>
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<tbody>
<tr>
<td>Hala Abdul-Samad – Introduction to Marketing</td>
<td>Christine Lau – Accounting</td>
</tr>
<tr>
<td>Iris Ponce – Introduction to Psychological Science and Society</td>
<td>Lauren Mudd – Understanding Australian Cities</td>
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<tr>
<td>Sabryna Sas – Introduction to Psychological Science and Society</td>
<td>Tiarna Coops – Law and the Modern State</td>
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<td>Paige Wooster – Introduction to Criminology and Criminal Justice</td>
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**Student Pathways**

Senior studies are becoming increasingly flexible as many students combine traditional school subjects with TAFE, technical training or SATs (School-based Apprenticeships and Traineeships). This year, 27 of our Year 11 and 12 students are also completing a Certificate II, III, IV or Diploma level qualification at Metropolitan South Institute of TAFE, SkillsTech or other private training colleges. An additional 36 students are completing a school-based apprenticeship or traineeship. Students pursuing these flexible pathways are accessing a fantastic opportunity to gain industry-standard knowledge and experience while still completing their Senior Phase of Learning.

**STEP: Southbank Institute of TAFE**

**Year 11:**
- Tyler Borkowski – Certificate III in Music
- Jaymee Hyndman – Certificate III in Music
- Jonathon Manihera – Certificate III in Music
- Ashleigh Morris – Certificate III in Events
- Tylar-Rose Petti – Certificate III in Business Legal
- Chelsea Simpkins – Certificate III in Events
- Brittany Weston – Certificate III in Events

**Year 12:**
- Maddison Armstrong – Certificate III in Performing Arts
- Zoe Bickerdike – Certificate III in Business Legal
- Saika Chishiki – Certificate III in Media – Animations
- Cameron Harris – Certificate III in Music
- Amy Hinds – Certificate III in Child Services
- Joshua Sanchez – Certificate III in Events
- Rewa Taylor – Certificate III in Music
- Peter Wood – Certificate III in Music

**MSIT: Metropolitan South Institute of TAFE**

**Year 11:**
- Matthew Bean – Certificate I in Plumbing Services
- Shaun Meiers – Certificate I in Engineering (Diesel Fitting)
- Kayla Watt – Certificate II in Automotive Mechanical

**Year 12:**
- Zane Bailey – Certificate II in Automotive Mechanical
- Jarrod Ferguson – Cert II in Electrotechnology
- Daniel Freeman – Certification II in Automotive Mechanical
- Jamie Kassulke – Certificate II in Automotive Mechanical

**SkillsTech**

**Year 11:**
- Peter Wood – Certificate III in Music

**Year 12:**
- Zane Bailey – Certificate II in Automotive Mechanical
- Jarrod Ferguson – Cert II in Electrotechnology
- Daniel Freeman – Certification II in Automotive Mechanical
- Jamie Kassulke – Certificate II in Automotive Mechanical
School-Based Apprentices and Trainees

Year 12:
- Ashalee Abbott – Certificate III in Hospitality
- Riki-Leigh Candey – Certificate III in Business
- Jocelyn Chan – Certificate III in Hospitality
- Rayden Charlie – Certification III in Retail Operations
- Dujon Chase – Certificate III in Media
- Laine Collins – Certificate III in Hospitality
- Alicia Cox – Certificate III in Business Administration
- Matt Ierves – Certification III in Business
- Helen James – Certificate III in Hospitality
- Zack Jones – Certificate III in Retail Operations
- Tim Klingenstein – Certificate III in Fitness
- Jess McLucas – Certificate III in Hospitality
- Jarrod O’Farrell – Certificate III in Carpentry
- Conor Potter – Certificate III in Fitness
- Vanessa Ramos – Certificate III in Hospitality
- Rheece Relph – Certificate III in Warehousing Operations
- Eliza Roffey – Certificate III in Hospitality
- Kristie Ungermann – Certificate III in Hospitality
- Scott Wood – Certificate II in Automotive Mechanical
- Hayden Wright – Certificate II in Engineering

Year 11:
- Kurtis Bowen – Certificate III in Fitness
- Tayla Bridgart – Certificate III in Information, Digital Media and Technology
- Kaylum Brown – Certificate III in Fitness
- Bradley Cini – Certificate III in Media
- Chanaya Green – Certificate II in Retail Operations
- Shae Hilton – Certificate II in Retail Operations
- Jordan Lee – Certificate III in Fitness
- Alana McDermid – Certificate III in Fitness
- Selina McGee – Certificate III in Children’s Services
- Tim McKay – Certificate III in Fitness
- Jordan Roth – Certificate III in Information, Digital Media and Technology
- Alisha Shaw – Certificate III in Hospitality
- Trent Sheather – Cert III in Media
- Tyla Smith – Certificate II in Retail Operations
- Sarah Terakes – Certificate III in Hospitality
- Brittany Weston – Certificate III in Retail Operations

We wish all our students the best of luck with their studies!

OP Information Evening

On Tuesday 19th March we welcome Year 12s and their families to an OP Information Evening. This is a fantastic opportunity to review detailed information about OP Calculations, the QCS Test, Pathway Options and the QTAC Application Process. There will be a guest presentation by the School Engagement Team from the University of Queensland. Their seminar focuses on Practicalities of University and Scholarships and Finances for parents and students. Please note that due to the fantastic response and current RSVP numbers we will be relocating the event to the Theatre in JB Block. The Senior Schooling Team looks forward to seeing you there.

Academic Reviews & Student Success

One of the proactive strategies we employ at Springwood is an Academic Review of students in Year 11 and 12 at important junctures in their time as a senior student. This process assists in focusing students on setting specific targets across their studies and achieving long-term goals. This year the Senior Schooling Team has conducted interviews with Year 12 students and their families to ensure they are on track to achieve success at the end of 2013.

To support Year 11 Students, we review the Term One assessment items and gather feedback from classroom teachers about each student’s academic achievement and progress in the subject. Once parents receive the Term One Progress Report, we encourage you to talk with your child about their progress so far this term and reflect upon their results. If you feel there is a subject area of concern and you would like to discuss this, please contact the classroom teacher or Head of Department. If you and your child identify concerns across a number of subjects please contact me to arrange a meeting in order for us to work together to support students to achieve success at Springwood.

The Senior School has had a fantastic start to the year. I would like to thank all the students and staff who have welcomed me into the Springwood community. I have enjoyed meeting so many of the families from our school and getting to know the students in the Senior School. If you have any questions related to your student in the Senior School and their pathway options, please do not hesitate to contact me and I look forward to assisting you.

Miss Liz Senior
Head of Department, Senior Schooling
Are you interested in studying, but not sure where to start? Do you want the facts about your career options?

Metropolitan South Institute of TAFE (MSIT) is holding Options Evenings to help you with your study options. Join teachers and experience a range of practical activities that will unleash your learning potential in a TAFE environment.

The MSIT Options Evenings will showcase all courses on offer in 2013. Information about Bachelor degrees at MSIT will also be available on the nights. We will be conducting tours to show you why so many students choose MSIT.

**Loganlea**
When: Tuesday, 19 March 2013
5:00pm - 7:00pm
Where: B Block Courtyard, Llyophond Restaurant
60-68 Armstrong Road Meadowbrook

**Mt Gravatt**
When: Wednesday, 20 March 2013
5:00pm - 7:00pm
Where: Breezeway courtyard in front of Student Connect (F Block)
1030 Cavendish Road, Mt Gravatt

The below table outlines the study areas that will be showcased at each location.

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<thead>
<tr>
<th>Loganlea</th>
<th>Mt Gravatt</th>
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<tbody>
<tr>
<td>Accounting</td>
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<td>Children’s Services and Education Support</td>
<td>Creative Industries</td>
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<tr>
<td>Community Services</td>
<td>Digital Media and Visual Arts</td>
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<tr>
<td>Hairdressing</td>
<td>Fashion</td>
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<td>Health, Nursing and Aged Care</td>
<td>Horticulture</td>
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<td>Information Technology</td>
<td>Hospitality, Tourism and Events</td>
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<td>Justice</td>
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Call 1300 657 613 to RSVP for one of these MSIT Options Evenings today.

All care has been taken to ensure the accuracy of the information and is current as of February 2013.
TAFE Open Days

Metropolitan South Institute of TAFE (MSIT) OPTIONS EVENING to help you with your study options. Join teachers and experience a range of practical activities that will unleash your learning potential in a TAFE environment. All courses on offer in 2013 will be showcased and there will be information about Bachelor degrees at MSIT.

Mt Gravatt Campus: Wednesday 20 March 2013 5-7pm
Breezeway courtyard in front of Student Connect (F Block) 1030 Cavendish Road Mt Gravatt.
Areas: Accounting, Business, Creative Industries, Digital Media and Visual Arts, Fashion, Horticulture, Hospitality, Tourism and Events, IT, Justice, Music Business, Retail

Loganlea Campus: Tuesday 19 March 2013 2013 5-7pm
B Block Courtyard Lylpond Restaurant 50-68 Armstrong Road Meadowbrook
Call 1300657613 www.MSIT.edu.au

SCHOLARSHIPS

The Tuckwell Scholarship Program will select 25 students each year to receive $20 000 per annum (increasing with inflation) for the length of their degree (single or double) across a range of disciplines in any discipline offered at ANU for up to 5 years.
Year 12s: if you would like to consider this and you are studying Modern History, speak with your History teacher, who can access info on: http://tuckwell.anu.edu.au/teachers
Info from Tuckwell Scholarship team at tuckwell@anu.edu.au
This email address is being protected from spambots. You need JavaScript enabled to view it.

Indigenous Scholarships for Year 10, 11 and 12 Phone: 1800 269 500
Arrow Energy and USQ are proud to offer Year 10-12 INDIGENOUS students the opportunity to apply for Indigenous Student Bursaries and Prizes in Engineering or Education.
Year 10 and 11 students interested in EDUCATION or ENGINEERING can apply for a $500 bursary.
Year 12 students interested in EDUCATION or ENGINEERING can apply for a $1000 bursary.

Support for Families I have tabled some useful links for parents that you might like to explore

| **Parentline** | (a joint initiative of BoysTown) is a confidential telephone counselling service providing professional counselling and support for parents and care-givers. Available 8am to 10pm, seven days a week for the cost of a local call. |
| **Reachout** | Probably the best site you will find covering everything there is about the issues facing young people today is Reachout. It has pages, stories, interactive pages, profiles and more. |
| **Parentline Ideas** | Subscribe to a regular email from one of Australia’s leading parenting experts by clicking on this link. |
| **Kids help** | Australia’s only free, confidential and anonymous, 24-hour telephone and online counselling service specifically for young people aged between 5 and 18. Some of your advice is below, so please be patient. Phone 1800 551 800 or visit the website, where there is online counselling available. |
| **Youth beyond blue** | Youth beyond blue is an excellent website that covers many aspects of identifying and helping young people affected by anxiety and depression. |
| **Cybersmart** | Cybersmart is a comprehensive site that provides activities, resources and practical advice to help children, adolescents and parents safely enjoy the online world. |
| **Headspace** | Headspace is a National Youth Mental Foundation, helping young people aged 12 to 25. A new centre opened in Nundah in 2012. |
| **Sane** | Sane is a national charity working for a better life for people affected by mental illness. |
| **CYMHS** | The Child and Youth Mental Health service combines hospital and community-based facilities to provide free and confidential consultation, assessment and treatment of children and young people. |
| **Drug Arm** | Queensland Drug Arm is a free community service which provides information, counselling and programmes for families dealing with the problems of drug use and addiction. |
Chappy News...
Hey everyone. Hope you are all well and enjoying 2013.
This year I am in the school 4.5 days. Monday to Thursday being my full days and Friday my half day.
It has been a great start to the year with a lot on. All programs are running and others starting term 2.
Chappy happenings: 2013
Chappy week
Spin off ...
GYM - Growing Young Men
Reflection for Girls
Chappy Office/Lunch feed
Outbreak Beach Camp

Chuppy Club
My wonderful team of volunteers have been busy with the Breakfast program. We have it every Tuesday morning, 7.30 to 8.00am. We have a couple of hundred students through the program.
The local churches are helping with the juice, spreads, milk and any other supplies. Cheese toasties are a huge hit again this year and seem to be the talk of the school (as the Staff informs me).

Our Brekky club is sponsored by Springfield House of Praise Church, Springfield Church of Christ and New Heart Baptist Church.

Chappy Office/Lunch feed
Chappy Office is still a very busy place. We make up lunch packs for students who forget lunch or need a bit extra. These packs are made up from food donated by local community groups/churches.
Neary every lunch break the office has students visiting and if anyone needs a feed, then food is found. I really enjoy the visits and discussions with the students.

Chappy Week Activities
May 19 to 26
In Chappy week we will run activities for the students such as a Minute to Win it competition. Guess the amount of M&Ms in the jar and more.

Spin off...
In our main fundraiser students and families can participate in at Chandler Sports Complex on Saturday 18th May.
We have 4 teams of 10 who are entering to ride a Spin bike for 30 minutes and the team who rides the most kilometres wins. Participating teams get a fantastic Hooters voucher to share.

A BIG Thank you note ...
I would like to say a big thank you to Doonee at Appletree Grove Gift Shop, for running a raffle for students. Such a blessing!

A Personal note ...
I am going to be a Nanna again in July. I will keep you all updated when our little Grand bubble arrives. Exciting!

“The Edge” Youth Drop In Centre has “MOVED” in 2013.
New address is 334 Main St, Springfield.
The Edge is a fun, fully supervised place for high schoolers to hang out after school and offers a range of positive activities.

For more information students can get a flyer from the Chappy office.

Local Chaplaincy Committee (LCC)
They have all been wonderful. We have had our first meeting for the year and I must say for the first time I have a full committee. The LCC makes my job load lighter.

Thank you so much for your prayers and support. I look forward to working with you all in 2013.

Volunteer help...
If you are looking for a volunteer program, something to keep you busy. Chaplaincy program could be just the place to help.

Areas you can help is Breakfast program, (Tuesday mornings 7.30am to 8.00am), Paying board games or a round of table tennis. Tuesday’s & Thursday’s 11am to 11.45am.

Give me a call if you think there is any area you would be interested in. If you would like to help and do not have a blue card then we can look at getting you one.

Donor support...
Thank you to all who support the Chaplaincy service. If anyone would like to donate to this service please contact: SU QLD on 3112 6400, for details or you can go to the web address www.suqld.org.au and follow the link to donate online, please ensure you put our school Springfield State High on the “donate to” part.

Please keep watch for further information in coming newsletters.

That’s that for now...
I am looking forward to working in Chaplaincy this year. I hope and pray you all have a wonderful year ahead.

If anyone would like to say hi please don’t hesitate to call, my office number is 3380 6168 or mobile 4607 410 970.

blessings
Karen Weston
Chaplain
THE SCHOOL BASED YOUTH HEALTH NURSE SERVICE

Hi my name is Michelle and I am the School-based Youth Health Nurse. For the new members of our school community the Youth Health Nurse does not work in sickbay put on bandaids. We have some amazing staff that are First Aide trained that do that for your young people. I am employed by QLD Health and assist the school community on issues that may affect the health and wellbeing of young people and the school community as a whole. This includes helping with curriculum, teaching and learning activities; providing health information and referral; supporting the development of an environment and school culture that supports health and well-being; and working with community and other services.

I have worked in schools around the south of Brisbane for 17 years as a school-based youth health nurse, so you could say I am starting to get the hang of the job. I have a Graduate Diploma in Health Promotion (my big interest area) along with a Nursing Degree, Endorsements in Midwifery and Nurse Immunisation but much more importantly I love working with young people to help them make healthy choices in their lives.

I work with young people, school staff and parents to:

- Promote health and wellbeing
- Create a supportive, healthy school environment (a health promoting school)
- Connect people with other support services

In individual consultations the nurse can provide health and wellbeing information about:

- Healthy eating and physical activity
- Feeling unhappy, stressed or very worried
- Healthy relationships at home and at school
- Personal and family problems
- Healthy body image
- Growth and development
- Sexual health and pregnancy
- Smoking, alcohol and other drugs with regards to themselves or other people around them.

In most cases, it is best for young people to talk to their parents about health and wellbeing issues. The nurse can support young people to do this.

Confidentiality

Young people have a right to confidentiality when accessing health services, just as an adult does. As a health service provider the nurse respects this but there are some things which the nurse must refer or act upon. When a student comes to see me I explain what circumstances these are.

At times other services can provide more appropriate or further help or support for young people. The Youth Health Nurse will discuss the options for working with other services or linking young people with the right service.

Parents and carers of young people can contact me up until 4 pm on Tuesdays and Thursdays via the school. Please phone the office to arrange to speak to me.

Good Health Michelle Clekovic

Healthy, Wealthy and Happy

Your environment and everything in it is simply a reflection of your emotional state of mind – you get what you’re feeling most of the time rather than what you’re wishing for.

Being happy 24/7 however is pretty difficult to achieve, in fact almost impossible, no matter who you are or what you have. Eventually your emotional pendulum will swing to the opposite side, as it necessarily must in order for you to achieve personal growth and live a fulfilled life.

Wouldn’t it be great, though if you could manufacture your own happiness – on command? Well there is a way.

Get High

Food, alcohol, drugs and other substances have been used for centuries as a means to relieve stress, relax and in some cases get high. The side effects, however, can be dangerous and usually quite destructive.

There is a better way to relieve stress, relax and get high – naturally, without the negative side effects. Did you know that you have access to your own chemicals producing factory 24/7?

Your body is a bio-chemical machine. At your command, your pituitary gland and hypothalamus can produce a cocktail of highly addictive chemicals that will give you an amazing and perfectly natural high.

Endorphins, Dopamine, Serotonin, and Acetylcholine are feel-good, mood enhancing, pleasure causing and euphoria creating substances. They can regulate appetite; reduce cortisol the stress hormone and improve recovery time; act as an anti-depressants; and can even slow the aging process. A healthy dose on a daily basis will boost your energy levels and give you a natural high that can last for hours.

How do you get your hands on these chemicals?

You don’t – they’re naturally produced by your pituitary gland and hypothalamus. Your body produces these chemicals naturally during sustained, vigorous exercise. In a 1999 study by Duke University (NC-USA) researchers found that people who exercised at a moderate intensity of 40 minutes, three to five days a week, experienced the greatest mood-boosting benefits.

The release of these chemicals into the brain varies between individuals who exercise at the same intensity. Aerobic exercise performed regularly at a comfortable and consistent level, was also linked to increased chemical release.

Endorphins are a group of neurotransmitters that bind opiate receptors sites in your brain. These chemicals are released by your pituitary gland and make you feel exhilarated, happy and block any feelings of pain, so you can power through any discomfort caused by exercising. Like a natural morphine. This is why it is not uncommon to hear that sports people continue their activity despite having broken a bone or sustained an injury. Other endorphin effects include decreased stress euphoric feelings, sometimes referred to as post exercise high, decreased appetite, improved immune response and fill you with a sense of well-being and relaxation.

Dopamine is a pleasure chemical referred to as phenethylamine, the same chemical found in chocolate, that’s why it is so pleasurable to eat it. It affects the brains’ reward and pleasure centres. Released as an endorphin during exercise, falling in love or when something unexpectedly good happens. Regular exercise helps to stimulate production of dopamine. Feelings associated with dopamine include bliss, attraction and excitement.

Serotonin is a neurochemical released during exercise and responsible for happiness, restful sleep, increased energy levels, clearer thinking, and healthy appetite. Most clinical anti-depression medications increase or prevent reabsorption of serotonin in the brain.

When you are in need of ‘pick me up’, try moving your body instead of eating chocolate. Go for a walk, run ride or go to the gym and do your best workout ever. Notice how you feel when you finish your exercise. If you pay attention, you will be able to feel these chemicals running through your body. You’ll feel ecstatic and you will know why.

Did you save your cash bonus for education costs?

Saver Plus provides **free financial education**, budgeting and savings tips to assist you in making your money go further! Saver Plus will even match your savings dollar for dollar, **up to $500** towards education costs. There’s no catch.

To be eligible you need to have:

- a Health Care or a Pensioner Concession Card
- a child at school, starting next year or study yourself
- some regular household income, e.g. you or a partner may have casual, part-time, full-time or seasonal work.

Contact Sylvia Constantin at The Benevolent Society on 5596 7928 / 0431 076 011 or sylvia.constantin@benevolent.org.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is funded by ANZ and the Australian Government.
**PAYMENT INFORMATION**

**Student I.D Numbers**
A friendly reminder to Parents/Caregivers to use your student’s I.D. number as a reference, when making payments via internet banking. The correct I.D number is 10 digits with a letter on the end (eg. 1234567899X). The old six digit student I.D number is now obsolete. This is particularly important when making payments via internet banking so that the school’s Finance Department can apply the payment.

If your student does not have an I.D. card or you are unsure of your student’s I.D number, please do not hesitate to contact our Administration Department. I.D cards can be collected from the Payment Window.

**Paying via Internet Banking:** Direct Payment into School Bank Account
- School’s Bank Account Name: Springwood State High School
- BSB Number: 064-170 (CBA Branch Springwood)
- Account Number: 00090094
- Reference/Details: Please record the student’s I.D. number in the reference/details section so that your payment can be recorded correctly. If insufficient details are supplied, payments will be applied to the oldest debt for that Family/Customer.

**Paying by phone:** Payment by Credit Card ONLY
Call the school on 33806167 or 33806111 Tuesday to Friday between 8am -12.00midday. (Closed Mondays)
Please have the account and your credit card details with you when you call.
VISA or Mastercard accepted.
Cheques and Money Orders made payable to Springwood State High School.
Post to PO Box 77 Springwood QLD 4127

**Paying in Person:** Payment by Credit Card, Debit Card, Cash, Cheque or Money Order:
Payment can be made at the school Payment Office Tuesday – Friday 8am – 12.00midday (Closed Mondays)
Credit Card and Debit Cards (EFTPOS), Cash, Cheques and Money Orders are accepted.

Credit Card Payment Advice form attached on page 7.

**PAYMENT WINDOW CLOSED EVERY MONDAY**

**Do your friends and family know the four ‘Ts’?**
You know the signs of type 1 diabetes, but do your friends and family? As rates of type 1 diabetes continue to rise. Diabetes Queensland is urging parents to get type 1 aware and learn the four main symptoms of type 1—commonly known as the four ‘Ts’.


If a child is going to the toilet more often than usual, has an unquenchable thirst, is extremely tired and has experienced unexplained, sudden weight loss it is important they see their local GP.

We’ve heard stories from some parents about how their children were diagnosed on our app. The earlier the diagnosis, the less complications. So encourage your friends and family to get type 1 aware.

**The Sleeping Giant—Diabetes and Sleep Apnoea**
Research indicates more than per cent of people with type 2 diabetes have Obstructive Sleep Apnoea—a condition in which the person affected stops breathing repeatedly during sleep.

Sleep apnoea can have significant implications on the lives of people and is a serious public health issue.
The International Diabetes Federation recommends all people with diabetes be tested for Obstructive Sleep Apnoea.

Diabetes Queensland has partnered with AIR LIQUIDE Healthcare and SNORE Australia to help people living with diabetes understand the importance of correct diagnosis and treatment of sleep apnoea to ensure good health and well being.

Research has found people with may experience improved HbA1c, and/or insulin sensitivity, reduced metabolic syndrome, improved cardiovascular complications linked with diabetes, such as retinopathy with treatment.

Call 1300 360 202 or visit AIR LIQUIDE Healthcare for more information.

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**IMPORTANT INFORMATION RE:**

**NATIONAL SECONDARY SCHOOLS COMPUTER FUND - STUDENT LAPTOPS**

A reminder to students that the laptops are the property of The Department of Education and Training. It is the student’s responsibility to take care of the laptops.

General precautions are:
- Food or drinks should never be placed near the device.
- Plugs, cords and cables should be inserted and removed carefully.
- Devices should be carried within their protective case.
- Devices should never be carried with the screen open.
- Ensure the battery is fully charged each day.
- Turn the laptop off before placing it in its bag.
- Do not graffiti or deface the laptop or bag.
- Do not put stickers on the laptop.
- Do not write on the bag.

The $90 fee for the laptop is an annual resource fee and subject to change. As per the Laptop agreement, students who complete their schooling or transfer from school must return the laptop to the school or the school will initiate recovery procedures. If the Laptop is not returned in the condition it was loaned to the student, reimbursement will be sought. Laptops must be returned to the school I.T. Department by the completion of each school year.
HAVE YOU MOVED?
If you have moved, changed jobs, changed your telephone number (including mobile) or if your emergency contacts have had any changes to their contact details we need to know. Please send a note to the office with your child or phone the office on 3380 6111 to let us know of any changes.

MEDICATION
Just a reminder that if your child needs to take medication of any kind while at school we can only administer prescription medication. This medication needs to be in the original box/container with the chemist label adhered to it. Students are not permitted to hold medication of any kind in their bag. All medication must be brought to the office, authorisation forms filled out and signed by parent, guardian and students then come to the office for staff to administer the medication. Should you have any queries please don’t hesitate to contact the office.

MOBILE PHONES AT SCHOOL
Students are to be reminded that it is at their own risk if they choose to bring a mobile phone to school. It is understood that some students have a mobile phone for safety purposes whilst travelling to and from school, however it is this school’s policy that phones are to be switch off and out of sight during lesson times. If a mobile phone is used during class time, then the teacher may take the action of confiscating the phone until the end of day. Students are encouraged to hand their mobile phone in to the office for safe keeping during the school day.

UNIFORM SHOP TERM 4 OPENING HOURS
TUESDAY & FRIDAY - 7:30am to 9:00am
NEW SPORTS POLO SHIRTS NOW HERE
Please contact our Administration Department on 3380 6111 and leave your contact details and we will endeavour to organise a suitable appointment time or alternately download an order form from the school website and email to Uniformshop@springwoshs.eq.edu.au

CANTEEN VOLUNTEERS REQUIRED
Do you have a morning after school drop off that you could volunteer to work in our canteen? Any help would be greatly appreciated, especially in the morning, if you could assist with food preparation. Did you know we currently have only two volunteers in our canteen? Ideally, we would love to be able to produce a roster to have many hands making the load of running the canteen lighter work.

Volunteers’ help reduce costs in the canteen therefore leaving more funds to put into school activities to support our children’s education.

Can’t help in the morning but want to help, please call the canteen to organise a suitable time. Anyone wishing to volunteer, please phone the canteen and speak with Judy or Julie on 3380 6139

PLEASE NOTE:
STUDENT ABSENTEE LINE NOW HAS A NEW NUMBER
Telephone: 3380 6103

P & C MEETING
Next Meeting—AGM
Tuesday 19th March, 2013
7pm in the Administration Block Common Room
All welcome to attend.

P AND C - ANNUAL GENERAL MEETING
Tuesday 19th March, 2013
Springwood State High School P & C Meetings are held on the third Tuesday each month at 7.00pm in the administration common room.

NEWSLETTER EMAILED
The school Newsletter will be emailed to parents/guardians. If you would like to receive the newsletter via email please complete the form below and we will email the newsletter to you. However if you do not have an email address you will still be able to obtain a paper copy of the newsletter. Simply ask your son/daughter to collect the monthly school newsletter from the Student Reception. The newsletter is also available via the school website.

Student Name……………………………………...………
Parent’s Name………………………………………………………...
Email Adress……………………………………………….………
(Please print)
### Host Family Application Form

#### Household Details (Please include all persons)

<table>
<thead>
<tr>
<th>Surname</th>
<th>First Name</th>
<th>Relationship</th>
<th>M/F</th>
<th>DOB</th>
<th>Occupation/ School Name</th>
<th>Blue Card Number &amp; Name on the Blue Card</th>
<th>Expire Date</th>
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*International Student if you are hosting

<table>
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<tr>
<th>Nationality:</th>
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#### *Address*

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<tr>
<th>Suburb</th>
<th>Postcode</th>
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#### *Home Phone*  

<table>
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<tr>
<th>Work</th>
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#### *Mobile Mrs*  

<table>
<thead>
<tr>
<th>Mr</th>
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<td></td>
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</table>

#### *Email*  


#### *Does your family have any pets?*

<table>
<thead>
<tr>
<th>Yes</th>
<th>Inside &amp; Outside</th>
<th>Outside only</th>
</tr>
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<tbody>
<tr>
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</table>

#### *What kind of pets do you have?*


#### *Does your family smoke?*

<table>
<thead>
<tr>
<th>No</th>
<th>Yes, inside</th>
<th>Yes, but outside only</th>
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<tbody>
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#### *Family Interest / Hobbies*

<table>
<thead>
<tr>
<th>Student preference</th>
<th>Either</th>
<th>Male only</th>
<th>Female only</th>
<th>Prefer Male but female ok</th>
<th>Prefer Female but male ok</th>
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| Student number | *How many students can you accommodate?*
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<td></td>
<td>1</td>
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<thead>
<tr>
<th>Students own bedroom</th>
<th>Bedroom1 (Please circle bed type and number of bed)</th>
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<tbody>
<tr>
<td></td>
<td>1x Single bed, 2x Single bed, 1x Double/Queen bed, 1x Bunk bed, 1x Trundle bed, 1x mattress, Others ( )</td>
</tr>
<tr>
<td></td>
<td>Bedroom2: (Please circle bed type and number of bed)</td>
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<tr>
<td></td>
<td>1x Single bed, 2x Single bed, 1x Double/Queen bed, 1x Bunk bed, 1x Trundle bed, 1x mattress, Others ( )</td>
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<table>
<thead>
<tr>
<th>Student sharing room with your child</th>
<th>If you are hosting one or two students, he/she will share a room with ( )</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>(Please write your child/children’s name)</td>
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<tr>
<td></td>
<td>Student bed type ( )</td>
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<table>
<thead>
<tr>
<th><em>Language spoken</em></th>
<th>English Only, English &amp; (Please specify language)</th>
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<tbody>
<tr>
<td>At home</td>
<td>Mainly (Please specify language)</td>
</tr>
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<table>
<thead>
<tr>
<th><em>Transport to/from school</em></th>
<th>Can you drive to and from school?</th>
<th>Yes</th>
<th>No</th>
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*Preferred area/schools to host

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<tr>
<th><em>Special Diet (Eg: Coeliac, Vegetarian)</em></th>
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<tr>
<th><em>How do you normally spend your weekend?</em></th>
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<tr>
<th><em>Reasons for becoming a host family</em></th>
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<tr>
<th><em>Additional Notes (Hosted previously or first time, any special details about your family)</em></th>
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