FROM THE PRINCIPAL

P&C Meetings
Please be reminded that the P&C meets on the third Tuesday of each month commencing at 6:30pm. We have a small and efficient P&C and are always looking to encourage more people to attend. The Springwood SHS sports uniform has recently been updated, track pants have been introduced and a new jacket is being considered for introduction. The P&C have set the school uniform policy; ensuring students are in full uniform to establish a high standard within the school community. At the next P&C meeting on Tuesday 18th June, P&C support for the continuing school chaplaincy service will be discussed.

Athletics Carnival
The Springwood SHS athletics day will be held on Friday 19th July. To build up to the day there will be a number of lead up events such as 1500m, 800m and the running of an inaugural Springwood Gift, a metre handicapped event where the maths department have volunteered to calculate the distance each competitor will start from. Lodge and sport captains are looking to make this year’s athletics carnival really memorable. Students should come dressed in their lodge colours and points will be allocated to the teams sporting their lodge colours.

Sport and the Arts Platform
Incorporated into the school's Four Year Plan is our Five Platforms for success. These are;
- Academic Excellence,
- Community,
- Pathways,
- Student Wellbeing and
- Sport and the Arts

Earlier this term we recognised students who were achieving in the Academic Excellence, Community and Student Wellbeing Platforms. The Sports Platform is being celebrated this Friday and the Arts will be celebrated next term. Students will be receiving awards for their sporting performance. Congratulations to all those receiving awards.

Cleaners recognised for hard work
Our hardworking cleaners will be recognised for the role they play in maintaining a safe, clean and healthy environment in our schools on Friday June 14th. International Cleaners Day (Saturday 15th June) is an opportunity for us to thank our cleaners for making students and teachers’ lives easier. Thanks from all of us!

New website launch
Our new, bright and innovative website will be available from the start of July. The website will encompass the QSchools app which is free from Apple ITunes and Google play. The QSchools app is a convenient way to receive up-to-the minute information from and about our school, just save Springwood State High School as a favourite to enable this feature. The latest information will be uploaded including important dates, the latest reports, assessments due and links to our learning framework. Make sure you check it out in July.

MCCULLOUGH, Julie-Ann
Principal

TIME CHANGE FOR P AND C MEETINGS
Starting time will now be 6:30pm as of April’s Meeting. Next P & C meeting will be held on Tuesday 18th June in the Administration block, common room. All welcome to attend.
**INSTRUMENTAL MUSIC NEWS**

**ANZAC Day**
Thanks to students and their families for a committed and busy Semester 1. All groups are working well and as we come into Semester 2 we will be nearing upcoming performances and competitions.

**World's Biggest Orchestra**
The Qld Music Festival in conjunction with James Morrison is putting together a challenge for all musicians (students and adult) to join in the world record attempt for the World's Biggest Orchestra. The attempt will be on Saturday, 19th July at Suncorp Stadium. There was a group of SSHS instrumental students who attended a workshop directed by Mr Morrison where 100 other school students attended. Congratulations to Cassandra Sherwin, Aidan Hodder, Emma Long, Amelia Thorne, Ilona Rudanec, Cael Hodder and Lochlan Crowley. It was a wonderful afternoon to experience. It was great to see James Morrison interact with the students and see how excited he is at the prospect of the record being achieved. The target number of people in this Orchestra is 6,500 people. If you are interested in registering please visit the QMF website asap.

Apologies to Cassandra Sherwin, Aidan and Cael Hodder for missing out on the photo opportunity with Mr Morrison. It was a fleeting opportunity to have time for a quick intro and photo opportunity with students.

**Rehearsals – Friday 21 June**
This is the last Friday of Term 2. We are running a Stage Band rehearsal at the beginning of the day until morning tea. We are then running a String Ensemble rehearsal and Symphonic Wind rehearsal during second session. We would like all students in attendance during these times – unless they are required in the classroom.

Have a happy and safe holiday break. All rehearsals will be as usual the first week of Term 3.

Thanks to all.
Instrumental Staff

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**YEAR 11 GEOGRAPHY EXCURSION**

On the 16th and 17th May, 22 keen Year 11 Geography students embarked on their field excursion to Springbrook. Students stayed at the Numinbah Environmental Education Centre where they participated in activities from water quality testing, insect analysis, observing glow worms and canoeing. It was a delight to take these students away; their behaviour was exemplary.

Leith Wolff and Dot Wilkie
(Geography Teachers)

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**UNDER 8s DAY**
On the 23rd May, Springwood Road Primary held their annual Under 8s day. 36 students from Springwood High attended representing various department within our school. The Hospitality department provided many trays of cupcakes where students were invited to make their own morning tea. The Science department displayed intriguing scientific objects and experiments, all of which they were able to explain to the younger students in great detail. Thank you to the girls from the Performing Arts department for providing a crowd drawing cheerleading routine and the younger students thoroughly enjoyed learning new dance moves. The Under 8's day was a truly wonderful day to participate in and the students thoroughly enjoyed assisting the Springwood Road students where ever it was possible.

Trudie Devenish-Meares
Junior Secondary Co-ordinator

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**The Woolworths Earn and Learn program has now finished**

As you know, our school has been participating in the Woolworths Earn & Learn program. The program has now finished for this year, so a big thanks to everyone who supported our school.

We’re now at the important stage of the program where Points Sheets are collected and lodged as our Earn & Learn claim. We will then be able to get new educational equipment for our school. The more we collect, the more we can redeem. So this week please send in your Woolworths Earn & Learn Points Sheets and any loose Earn & Learn Points Stickers you may have. Remember to check your handbag, the car glove box or they maybe stuck on the fridge. Every little bit helps. Thanks again for all your support!
BUSINESS AND HOSPITALITY FACULTY NEWS

Legal Studies Excursions

Year 10
On April 30th, the Justice and Business class visited the District and Supreme Court precinct and the QUT Law faculty at Gardens Point. The day began with a talk by Justice Applegarth. He explained to the students the history of courts, the layout of the court room and the role of the various courtroom personnel. He also shared with students some of the interesting cases that he has presided over, explaining to students the consequences of being caught using Schedule 1 drugs.

As the court is open to the public, the class was able to visit any court room providing the court was not closed. The students listened to a manslaughter case, which had already been to trial, appealed and was now being retried. Students were interested to follow this case in class and found that the outcome of this particular case was that the jury could not come to a decision and the case would be retried later in the year.

The class then went on to QUT to observe university life. The law faculty conducted a mock trial with the students who played various roles. Austin made a great judge!

Year 11
The Year 11 Legal Studies class visited the District and Supreme Courts on the 15 May. They were also fortunate to be addressed by Judge McGill from the District Court. He humorously discussed with students the layout of the new court rooms, then went on to explain various court processes. Again the class was able to observe court cases. An interesting case observed in the District Court involved the accused representing himself rather than using the services of a barrister.

Students were able to observe some of the difficulties of self-representation, which led to some interesting discussions on return to school.

In the afternoon, students had a brief visit to the police museum. The curator talked to students about an interesting case that occurred in 1991. They were able to view photos of the crime and learn more about forensic investigation when solving crimes. The museum has records of the more famous cases that have occurred in Queensland and some of the interesting restricted weapons that have been confiscated including a canon used by a bikie group when initiating people into their club!

MUSIC NEWS

Ty Borkowski and Jay-mee Hyndman, Grade 11, recently performed with their band, Asyra, at the Rockschool Challenge. This annual competition is run by Southbank Institute of Technology, South Brisbane, and gives school students an opportunity to perform in authentic gig conditions. The boys won their heat but unfortunately not the final. Well done Ty and Jay-mee.

Asyra will be releasing their first EP (more than a single, not quite a whole album) later in the year.

Max Hinton is one of our Grade 12 Music Extension students. His instrument of choice is the piano and this year he has been attending the Young Conservatorium at the Queensland Conservatorium of Music in South Brisbane. On the 9th of June, Max played in a recital at the Conservatorium. He presented a polished performance and was the standout item of the concert. At any given time, the sound of Max's practising can be heard echoing throughout the Performing Arts block. He has put a mammoth amount of time and effort into his piano studies and is to be congratulated for his stellar performance.

On Thursday August 8th next term the TOP 100 Mathematics students will sit the prestigious Australian Mathematics Competition. A letter of congratulations will be given to each of the top 20 students in each year level to participate in this 75 minute event.

The Mathematics Department would love to pay for these students to compete. (The top student in each state or NZ or Singapore will receive a money prize and every student will receive a certificate for their CV).

The students achieving a distinction (top 10% in QLD), high distinction (top 3% in QLD) or the Prudence Award (most Qs correct consecutively) will have their achievements noted in the school magazine and on Whole School Assembly.

Letters will be promulgated in week one next term (we use the results from this semester’s assessment and NAPLAN results if necessary to judge the top 20 generally students will come from the MAX classes or Maths B.

Good Luck!
Leanne Townsend – Head of Mathematics
SENIOR SCHOOLING NEWS
This semester has been very busy for all things Senior Schooling.
In the final week of this semester, our Year 12 students will be participating in a week of structured work experience, to gain mandatory workplace hours towards their Certificate II in Workplace Practices. Thank you to our local businesses for supporting our program by accepting our students into their workplace.
Year 12 students not participating in work experience, will be at school participating in an alternate program that includes preparation for the Queensland Core Skills Test in September, as well as two days of QCS practice testing and workshops with the University of Queensland and Griffith University.
Year 10 students have already had talks from the University of Queensland staff and staff from the MSIT TAFE Partnerships with Schools program this term, in preparation for their senior subject choices and the Set Planning process in Term 3.
Congratulations must also go to our senior students who’ve recently been signed up on School Based Traineeships.
- Amos O’Neill, who will complete a Certificate III Sport and Recreation Officer, where he will be working with the Australian Academy of Sport to deliver programs to Springfield Road State School students.
- Trey Muller, who received a Hospitality traineeship with Café Metzzo, Logan Hyperdome, after his time there on work experience.
- Baillee Tyrell, who has commenced a Certificate III in Hairdressing (Barber) at Juz Menz, Arndale.
In addition to these positive sign-ups, congratulations must also go to Zac Jones, Year 12, who has successfully completed his Certificate II in Retail traineeship at City Beach, Logan Hyperdome.
Finally, this will be my last newsletter as the Acting HOD of Senior Schooling, as I will be returning to my substantive teaching position next semester. We have a new permanent HOD of Senior Schooling who will start in the role next semester. I have thoroughly enjoyed my time in this position and thank you all for the opportunity, as well as your patience and your support. I look forward to supporting you all in future endeavours both within the school and the wider community.
Kind regards,
Ms Debbie Kahl
Acting HOD, Senior Schooling.

LAB BLAB” FROM SCIENCE
This term students have had a variety of activities in science from Rat, heart, chicken wing and brain dissections to Popcorn science and Alternative energies. Students have had, tests, assignments and projects to do.
Next term the year 10, 11 & 12s are going to the University of Qld for a science experience day and the yr 10s are competing in the Engineering Challenge.
I wish students well on their semester results.

TARMAC TALK” FROM AEROSPACE STUDIES
The Tuesday aviation club had a fantastic time building and launching their Avion Rockets this term. Next term we move on to Catapult Gliders. New members are always welcome to join as we meet after school every Tuesday.
The year 10s are studying aviation science and X-planes and the year 11s have studied airports. They had an informative trip to Archerfield Airport to observe the makeup of runways and taxiways, air traffic control from the control tower and flight school.
The year 12s have completed their Rocket assignment and Airline Studies. One of the engaging activities was Airline Online. Students were issued $500 million to set up an Airline and run it virtually until 2023. Students learnt a lot and we have some budding entrepreneurs.

YEAR 9 JAPANESE—SUSHI MAKING
Thank you to Mrs Kazumi Barry, Ms Kahl and Mr Kemmoku. Also thank you to Ms Derosas for allowing us to use the kitchens and helping with the setup.

SBH WHEEL AND WALK FUN RUN FOR CHARITY
The Wheel and Walk Fun Run starts and finishes at Captain Burke Park, Holman Street, Kangaroo Point (underneath the Story Bridge). You can park in nearby streets or think about catching the ferry from South Bank or the City to the Holman Street terminal.
** PLEASE NOTE: This year we are again in the top section of Captain Burke Park**
When: Sunday 25th August 2013
Time: 9.00am—Registration
9.30am—Run begins after warm up with qualified instructors from Pure Health Clubs
Distance: 5 km or 2 km short course
Registration form and further information can be located on page 12 in this newsletter.
Hey everyone. What a term. We have been busy with fundraising and doing our best for the students and staff with Chappy Week activities, was more like Chappy month for May…

**Chappy Week Activities**

All activities ran smoothly with heaps of interaction with the students and staff.

I must say a huge thank you to our Principal Julie-Ann, our staff, students, Barry Lane and crew at Coffee Club Springwood, Michelle from Soul Sister shoes, Doon from Apple Tree Grove and everyone who volunteered their time to come and help.

It truly was a great week. As you continue reading you will see photos of the happenings of our week.

Chappy week happenings for 2013 were:

- Spin off
- Sausage sizzle, 1st and 2nd break
- Breakfast Coffee Club Springwood
- Breakfast program
- McDonalds Springwood
- Lunch games madness
- KS4KIDS walk

**Spin off…**

Was one of our fundraiser’s. Students and families participated at Chandler Sleeman’s sports complex on Saturday 18th May.

We had 2 teams who entered to ride a Spin bike for 30 minutes. The team who rode the most kilometres won.

- Springwood High Senior Boys Pedal Prix team came 2nd and New Heart Baptist Youth came in 4th.
- Participating teams raised together $520.00. Great effort from all teams.

Chaplaincy had 2 stalls for the Car boot sale at Springwood Primary school and we did extremely well raising funds…

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*The Edge" Youth Drop In Centre. 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.

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

Area’s that you can help …

**Breakfast program:** Tuesday mornings 7.30am to 8.30am.

**Purchasing of food products** such as: poppers, muesli bars (no nuts), fruit cups, chicken noodles (in the cups), long life milk.

If you can get any of these please drop them to the administration office at school and tell ladies that you are dropping off for the Chappy. If you would like to help and do not have a blue card then we can look at getting you one.

**Term: 3 happenings…**

* GYM - Growing Young Men  
* Reflection for Girls  
* Chappy Office/Lunch feed  
* Outbreak Beach

That’s that for now…

If anyone would like to say hi please don’t hesitate to call, my office number is 3380 6168 or mobile 0407 410 970.
Activites to do with your child
Here are some simple yet effective activities you can do with your child to help them apply the literacy skills they learn at school:

- **Read some of the same books as your child and talk about characters, storylines and themes.**
- **When assembling a newly purchased item, ask your child to assist with the reading of the instructions and interpreting diagrams.**
- **Read the newspaper with your child each morning—choose an article to discuss and ask questions such as —*what is the report telling you?* and —*what does this word mean?*”**
- **Use language that encourages thinking and reflection such as —*do you agree with what was written in that newspaper article or story?* - have your child locate sources within the story or text to support their point of view.**
- **Talk about movies you have seen—discuss why a filmmaker may have created a movie in a certain way, the purpose of the film, the intended audience and what points of view or values are conveyed. Talk about language choices and why characters are represented in certain ways.**

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**Volunteers Sought for Gold Coast Schoolies Community Safety Response**

Do you love the colour orange? Terrific — so do our school leavers every year!

New Volunteers are currently being recruited to register as Schoolies Support Team (SST) Volunteers for the annual Gold Coast Schoolies Community Safety Response.

In November each year following the conclusion of Year 12 within the Queensland education system, thousands of school leavers descend on the Gold Coast to celebrate their achievements. As a result the Queensland Government coordinates a Safety Response.

In excess of 1,000 Volunteers from all walks of life and a variety of community organisations participate each year to support the school leavers enjoy their celebrations safely.

Annually the SST Volunteers assist with authorised wristband distribution, conduct street and beach patrols and provide walk home services, a friendly smile and a wise ear to school leavers. The SST Volunteers wear bright orange tabards during their duties in order to be easily identified and provide important information about the schoolies hub, safety response and overall experience.

Volunteers are being sought for this year’s Safety Response. Some Volunteers are required during the day on the first Saturday with the rest of the week involving night time work 6pm to midnight approximately. You can volunteer for as little as one shift or if super keen you can participate every day!

All Volunteers are required to hold or obtain a Positive Notice (Blue Card) for Working with Children from the Commission for Children, Young People and the Guide Guardian in Queensland. You will be assisted to obtain your Blue Card, free of charge, as part of the volunteer recruitment process.

Being an SST Volunteer is a fantastic way for parents of school leavers to connect with the safety response without cramping the style of their children. Often Mums and Dads also volunteer in the years prior to their children leaving Year 12, so that they can experience the safety response directly and be more assured and prepared for the day their own child wants to join in the excitement.

Consider volunteering today. Visit the website for more information or to register your interest: [www.schooliesvolunteer.com.au](http://www.schooliesvolunteer.com.au) or call Crime Stoppers Queensland who are the SST Volunteer Coordinators on 1300 309 355. Crime Stoppers Queensland is a registered charity and community volunteer organisation.

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**ENGLISH NEWS**

On the 13th June, our Year 11 English students were joined by Bev Grant (Auntie Bev), an elder from Wiradjuri country.

Students learned about Aboriginal history, protocols, identities, dreamtime, and dreamings. They also learned about the 600 countries and 300 languages that make up Aboriginal Australia, and were informed about moieties, clans and totems. Furthermore, they were inspired by Auntie Bev's own story as a child of the stolen generation, taken away from her family at the age of 3.

The classroom was decorated with Auntie Bev's beautiful dot art paintings and she shared an inspiring message of respect, diversity and togetherness.

This enriching experience will be very useful to support our students' learning within the context of an Australian Identity unit. It was a wonderfully inspiring experience and we would like to thank Auntie Bev for encouraging us to look at the beauty of the world.
GUIDANCE NEWS

Please contact Mrs Flint for further information concerning careers, courses or personal needs.

June/July holiday courses for media buffs
Media Potential will run school holiday television-presenting courses for students aged from 13 to 17 years who have an interest in television presenting, media or journalism. While the course is tailored to those with media interest it would also be beneficial to any student wishing to increase their confidence and public speaking skills. The school holiday television presenting programs are based at the Channel 7 studio on Mt Coot-tha. Visit www.mediapotential.com.au for more information.

Southbank Institute of Technology (SBIT) snippets
- SBIT will offer short courses (Taster programs) in Music Business, Photography and Photoshop during the June/July holidays for Year 11 and 12 students. For more information, ring 3244 5741.
- Aspect, an exhibition by Diploma of Visual Arts graduating students, will be held from 5 – 11 (excluding Sunday) June 2013. For more information, go to http://www.southbank.edu.au/site/about/events/index.asp?EventID=667

The University of Queensland (UQ) updates
B Music auditions for 2014 – The audition application form is now available on the School of Music website and is due by Monday 12 August 2013. Auditions will be held on the weekend of 21 and 22 September and on Saturday 5 October 2013. See http://www.uq.edu.au/music/content/forms/2014AuditionBMusForm.pdf for the application form.

Chrysalis International summer school for future leaders is a weeklong summer school to be held from 8 – 15 December 2013. It combines an academic program during the day with extra-curricular activities in the evenings. The University of Queensland’s International Education Services and Emmanuel College host Chrysalis. The theme of the program in 2013 is ‘Leadership in the age of social media’. Applications for Chrysalis open on 1 July 2013. Visit http://chrysalisyoungeleaders.org/ for more information.

Skill shortages in Australia
Research undertaken by the Department of Education, Employment and Workplace Relations (DEEWR) in 2012 found that there were national skill shortages in over 35 occupations. These occupations included:
- Surveyor
- Childcare worker
- Hairdresser
- Sonographer
- Electrical engineer
- Enrolled nurse
- Air conditioning and refrigeration mechanic
- Geologist
- Mechanical engineer
- Chef/cook
- Optometrists

To read the complete list of occupations with skill shortages, go to http://foi.deewr.gov.au/documents/skill-shortage-list-australia. The skill shortage list for Queensland can be found at http://foi.deewr.gov.au/documents/skill-shortage-list-queensland

Did you know there are thousands of scholarships on offer each year in Queensland?
Universities, TAFE institutes, private education providers, the Commonwealth and Queensland governments, some professional associations and industry groups offer scholarships. Common categories include:
- sporting scholarships
- scholarships for specific fields of study
- academic scholarships.
- equity scholarships for women and Aboriginal and Torres Strait Islanders
- financial hardship scholarships.

A scholarship can help with course fees, textbooks, accommodation costs, transport and living expenses. No matter what your further education and training goals, it’s worth finding out what’s available. Check out university, TAFE and other education institute websites, the myfuture website at http://www.myfuture.edu.au and talk Mrs Flint, Guidance Officer for specific information about scholarships. Year 12 students will be able to attend a session with the Guidance Officer in Term 3 on how to apply for scholarships.

Emerging occupations
The world of work is changing rapidly. Some occupations are declining while new occupations are emerging. The following are examples of emerging occupations listed on the myfuture ‘Emerging Occupation Videos’ web page at http://www.myfuture.edu.au/en/Occupational%20Video.aspx The site has videos on each of the occupations listed.

Social Media Managers - Social Media Managers are Internet professionals that provide public and private organisations with knowledge and understanding of social media platforms and related applications.

Data Miner - Data miners analyze large data sets in order to find patterns that can help to identify key variables to build predictive models for management decision making in government organisations and private companies.

Sustainable Design Consultant - Sustainable Design Consultants research and implement innovative features in products, services and buildings that reduce environmental impact and comply with principles of social, economic, and ecological sustainability.

Queensland Police Recruiting seminars
If you are interested in exploring the career opportunities within the Queensland Police Service, you can attend a seminar. Seminars will be held in June 2013 in Brisbane, Bowen, Maroochydore, Townsville, Pallara, Ipswich, Redlands, Cairns, Gympie, Maryborough, Anmerley and Currumbin.
Resilience is the capacity to withstand stress and catastrophe.

It has long been recognised that humans have an amazing capacity to adapt and overcome risk and adversity. Individuals and communities are able to rebuild their lives even after devastating tragedies. Here in Queensland we have seen and experienced resilience first hand after two floods in as many years. Resilience is something that can be learnt and developed. However, being resilient certainly doesn’t mean that we go through life without experiencing stress and pain.

The path to resilience means having the ability to work through the emotions and effects of stress and painful events. It is reflected in a variety of behaviours, thoughts and actions that can be learned and developed across a life span.

Factors that contribute to resilience include:
- Supportive relationships with others
- Positive self-esteem and confidence
- The ability to manage strong feelings and impulses
- Good problem solving and communication skills
- Feeling in control
- Seeking help and resources
- Coping with stress in healthy ways and avoiding harmful coping strategies such as substance abuse
- Helping others
- Finding positive meaning in your life despite difficult or traumatic events

If you would like to know more about building resilience, the Mental Health and Alcohol and Other Drugs Resource Centre has many resources on this topic.

Phone: 07 3620 8824
Email: library@drugarm.com.au
Source: Web: www.mentalhealth.org.au

Good Health
Michelle Clekovic
School Based Youth Health Nurse

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**TSXPO - Tertiary Studies Expo**

This is the largest course and career expo in Queensland. It will be held on Saturday 20 and Sunday 21 July 2013 in the Exhibition Building, RNA Showgrounds. Exhibitors include all Queensland universities, many interstate universities, TAFE institutes, Private training colleges, the Defence Force and many more. Visit the website at www.tsxpo.org for a full list of exhibitors and information about the Apple iPad competition and the Courier Mail/Career One Bursary competition.

**Logan Youth Jobs and Careers Expo 2013**

The 2013 Logan Youth Jobs and Careers Expo is on Tuesday 23 July from 9.30 am to 3 pm at Logan Metro Sports Centre.

Young people aged 15 to 24 years are invited to attend the 2013 Logan Youth Jobs and Careers Expo on Tuesday 23 July to explore their jobs and careers opportunities.

The free event is on at Logan Metro Sports Centre and will feature interactive stalls, presentations, tertiary study options and a jobs board. The expo received resounding support at the recent Logan: City of Choice Summit for its ability to empower local youth to continue with their education, secure employment or help with their subject choices. The interactive stalls will include “try a trade”, a simulated backhoe experience and a fire engine from the Queensland Fire and Rescue Service, while Defence Force Recruiting will have three presentations throughout the day. Students wanting to know about appropriate work attire can attend a “Dress for Success” fashion parade and interview workshops will prepare you for that interview.

Logan City Council will be providing two buses for Year 10 and Year 11 Springwood SHS students to attend. Letters will be sent home early next term about this event.
CLASS OF 85 SCHOOL REUNION
Website address is: http://shsclassof85reunion.blogspot.com/
For more information please contact the organisers Kerry Warnholtz, David McLeod and Justin Wilson. The reunion is scheduled for 2010.

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 AM2 and the Brotherhood of St Lawrence and is funded by AM2 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. 1234567890X). The old six digit student I.D. number is now obsolete. This is particularly important when making payments via internet banking so 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

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.

Slice it and they will eat it
Kids are more likely to eat fruit if it's already cut up, a new study has found. For example, findings suggested children ate more of an apple if it was pre-sliced, showing they prefer fruit in bite-sized pieces.
Try slicing fruit and veggies up for yourself and see if it helps you increase your fruit and veg consumption, and start feeling the benefits of eating two serves of fruit and five serves of vegetables a day.

Eat leafy greens to boost immunity before winter
We all know Popeye gets his strong muscles from spinach, but now scientists have discovered leafy greens control an immune cell population that is essential for intestinal health.
Eating leafy greens can help your body produce digestive immune cells that protect against infection. So in order to ensure this immune cell population is working effectively, try adding spinach, kale and broccoli into your everyday meals. Or try out our gorgeous greens recipe.

Clarification to Australian Dietary Guidelines
The revised Australian Dietary Guidelines do not suggest one slice of bread per day, however the serve size of bread has decreased from two slices to one slice of bread.
The grain (cereal) foods provide important nutrients for good health, therefore the updated guidelines recommend all adult Australians aim to consume three to six serves of grain (cereal) foods per day, depending on gender and age.
For further information you can refer to the Australian Dietary Guidelines.
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 OPENING HOURS
TUESDAY & FRIDAY - 7:30am to 9:00am
VOLUNTEERS needed and welcomed on these days. Please see Gloria in the Uniform shop.

NEW SCHOOL CAPS, SPORTS SHORTS & SPORTS POLO SHIRTS NOW HERE (caps $10)
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
Help wanted every day 8.30-11.30am. Can you help out daily, weekly, fortnightly or monthly? Why not drop your student off and help out for a while in the canteen. Please call Judy or Julie on 3380 6139 if you’d like to help, or turn up and lend a hand.

P & C MEETING
Now commences at 6.30pm in the Administration Block Common Room. All welcome to attend. Next meeting Tuesday 18th June.

Springwood State High School P & C Meetings are held on the third Tuesday each month at 6.30pm in the administration common room.

Proposed future meeting dates are:
16th July, 20th August,
17th September, 15th October and
19th November.

P & C EXECUTIVE
Current positions vacant for 2013 – Secretary and Vice President

Want to know more, email pandc@springwoshs.eq.edu.au

DID YOU KNOW...???
...The P&C uses profits from the canteen sales to put towards numerous school activities which support the students?
...The P&C recently paid for the Moving Opera Program which saw students participate in workshops to put together a number of choreographed choral pieces and provide a very polished performance showcasing their week’s work?
...The P&C supported the Chaplaincy by funding Reggie Dabbs’ visit to the school promoting anti-bullying?...The P&C is a small group of friendly, interested parents attending meetings once a month to contribute towards their child’s education?
...You are very welcome to come to P&C meetings?
...Meetings usually only go for about 1- 1 1/2 hours?

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 Address………………………………………………………………
(Please print)
SBH Queensland
SBH Queensland has been supporting children and adults with spina bifida and hydrocephalus since 1960. This year, through generous community support, over 700 people will receive information, support and therapy from SBH Queensland.

Please join with us in supporting SBH Queensland’s Wheel & Walk and help us to create a brighter future for people with spina bifida and hydrocephalus.

Major Sponsors

Proudly Sponsored & Supported by

WHEEL & WALK FUN RUN

PRIZES!!
2 nights at Kingfisher Bay Resort
for both the Male & Female
5km Race Winners
5km Race for fundraising

Sunday, 25th August, 2013

Return entry forms and sponsorship money to:
Wheel & Walk Fun Run
SBH Queensland
PO Box 8022
Woolloongabba QLD 4102
www.spinabifida.org

SPONSORSHIP FORM

Entries Name:
Email:
Address:

Name on Card:
Card Number:

Year of Birth:

PAYMENT DETAILS:
Cash/Cheque/Mastercard/Visa
Amount: $______

Donations of $2 and over are tax deductible. Receipt will be emailed to you after the wheel & walk.

All money collected is to be handed in with Sponsorship Form.

All sponsorship money must be paid on or before 25th August 2013.

If the total sponsorship for an individual exceeds $50 then the entry fee will be waived. (This does not apply to teams and family entry fee).

Please make all cheques payable to SBH Queensland Inc.

ENTRY FORM

Yes, I would like to support SBH QLD by participating in the Wheel & Walk Fun Run on 25th August 2013 at Captain Burke Park.

□ $25 Per Adult or $20 on the day of registration.
□ $10 Per Child
□ $50 Per Family (Max 2 Adults & 3 Children)
□ $100 Per Team (Max 10 People per Team)
□ I cannot come, but here is my donation of $________

Names of All Participants:

Address:

PAYMENT DETAILS:
Cash/Cheque/Mastercard/Visa
Amount: $______

WAFER AND DECLARATION

I hereby release SBH QLD Inc. its agents, employees and volunteers collectively ("SBH QLD") and waive all claims against SBH QLD and all sponsors of the Wheel & Walk Fun Run ("The Event") of any loss, damage or injury I might suffer related to or arising from the Event, however caused. I grant full permission for SBH QLD to use photographs and videos of me and quotations from me in the future accounts and promotions of the Event. I will surrender to SBH QLD all monies collected for The Event by 25th August 2013. I declare I am fully capable of taking part in The Event.

Participants agree to participate in The Event at their own risk. If you are aware of any medical condition which may be affected by physical activity then you should check with your doctor BEFORE participating in The Event.

Signed:
CLASS OF 85 SCHOOL REUNION
Website address is: http://shsclassof85reunion.blogspot.com/
For more information please contact the organisers Kerry Warnholtz, David McLeod and Justin Wilson. The reunion is scheduled for 2010.
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