DATE CLAIMERS

2013

Monday 21st October
+ Student Free Day

Tuesday 22nd October
+ Chatswood Hills Yr 7 Transition

Tuesday 29th October
+ Awards Night

Wednesday 30th October—Friday 1 November
+ Yr 11 Biology Camp

Tuesday 5th November
+ Open Transition Day for Yr 7 students

Tuesday 19th November
+ P & C Meeting
  6.30pm Common Room
  Administration Block

Wednesday 6 November
+ Instrumental Music Gala Concert

Monday 11th November
+ Yr 12 Formal

Friday 15th November
+ Final day for Yr 12 students

Friday 29th November
+ Final day for Yr 11 & Yr 10 students

Our school values:
  Respect
  Industry
  Cooperation

FROM THE PRINCIPAL

Time Capsule Opening
The time capsule, buried twenty five years ago was retrieved on Friday 11th October in a well attended ceremony. A number of guests attending were past students and some were in Year 12 in 1988 when the capsule was originally buried. The local member John Grant also attended along with Chamber of Commerce President Bill Richards and our P&C was well represented.

The celebration was a great success with memorabilia unveiled in the capsule that included a school jacket and a fantastic video where students sported the hairstyles of the day, did square dances and the video was set to music of the 80’s. Thank you to past Year 12 students Sue-Anne Chapman who spoke about her experiences whilst at school, Janelle Kirby who gave a perspective as a past student and current teacher at Springwood High and Leanne Witham who organised some of the past students’ attendance. Thank you also to our strings ensemble who entertained guests on arrival and also our Drum Line who gave a very fitting build up to the removal of the buried time capsule.

World Teachers’ Day
World Teachers’ Day offers a chance to acknowledge our teachers and say thanks. This year we are celebrating World Teachers’ Day in Queensland on Friday 25 October, 2013. Every day, Queensland teachers are making a difference educating and inspiring young Queenslanders.

World Teachers’ Day is celebrated in more than 100 countries world-wide and was established by the United Nations Educational, Scientific and Cultural Organisation (UNESCO) in 1994 to celebrate the role of teachers in society.

The day is a wonderful opportunity to draw public attention to the important role of teachers in our local communities. Congratulations and thank you to the teachers at Springwood High for their outstanding work throughout the year.

MCCULLOUGH, Julie-Ann
Principal

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 19th November in the Administration block, common room.
All welcome to attend.
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)

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**Hands on Maths and Science**

Late last term the Year 8 Extension Mathematics and Extension Science classes participated in two days of workshops involving Real World, Fun Maths and Science activities.

The Days of Excellence were held at Woodridge North SS and the activities were funded by our regional department’s Gifted and Talented Program.

A big thank you to Ms Sarah Pegg who organised and supervised this wonderful learning experience for our ACE students – we think we might hold more days like this at our own school next year so even more of our talented students can be involved!

Leanne Townsend (HOD Mathematics)

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**Science Students get SPARQ-ed!**

In the second week of the September holidays, 18 students from across Queensland participated in the SPARQ-ed Research Immersion Program. Four of these students were biology and chemistry students from Springwood High. This program investigated the genes that cause Anauxetic Dysplasia, which is a condition resulting in dwarfism. For a week, students learnt different research techniques that are applied in biomedical institutes worldwide. We would like to thank Miss Boyes for organising this wonderful experience for the Springwood students. We would also like to thank Dr Peter Darben for running this program that has helped us discover a passion in the biomedical field and has advanced our career aspirations.

By Sam Bass and Chriselle D'Mello

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**Can you find these recent/current staff members?**

Mr Humphreys, Mr Morgan, Mr Graham, Mr Richardson, Mr Evans.
Instrumental Music News

Instrumental Music students and their families have had a busy end to Term 3 and carrying through to Term 4. Thanks to all students involved with the ShowBand Tour at the end of Term 3 – our visits we undertook playing to our feeder primary schools and Logan Special School. We had a great time and hopefully did the primary students. The Instrumental Staff would like to thank the additional teachers that came and shared this time with us. Thanks to Mr Kay, Mrs Mareroa and a special thanks to Mr Thompson for coming with us. The Instrumental students and staff had a great time with these people involved.

In Term 4 we have started the term playing for the opening of the time-capsule at school. The String Ensemble played as people arrived and the Drum Line had a feature during proceedings. Thanks to these students.

There was a string group invited to play at the opening of the Logan Art Gallery - Art Waves Exhibition. Thanks to Lochlan and Cameron Crowley, Caitlin Kennedy, Cassandra Sherwin, Aidan Hodder, Emma Long and Ilona Rudanec who gave up their Friday night to perform. It was a wonderful performance and in a great location celebrating visual arts. Thanks to these families for their additional efforts during an already busy term.

We have a busy couple of weeks coming up.
Awards Night (Tues, 29th Oct) – String Ensemble and Symphonic Winds will be performing. All students are required to be at school by 5:30pm for setup and tuning. Our active parent support group is once again taking on the car parking for this evening. We are after parent volunteers to help out.

Concert and Gala Evening (Wed, 6th Nov 7pm) – come and join us, in celebration of the end of year concert for Instrumental Music and choir groups. The evening is expected to finish by 8:15pm and there will be a supper afterwards. Everyone is welcome to come and join us.

Finally, thanks to Jessica Ford and Samantha Bass who are the Year 12 students leaving the program at the end of the year. These girls are members of the String Ensemble and have been active members since they were Year 8 students.

Thanks Jess and Sam – we have so enjoyed your company over the years and wish you both all the best for 2014. Don’t forget to come back and visit when you can. All the best and thanks for your time and efforts during the past 5 years.

Thanks to all,
Instrumental Music staff.

Engineering Challenge 2013

Springwood High students had a great day at Canterbury College. We went from last place to first place, then back to finish 5th for the day. A fantastic day full of fun activities, as you can see from the photos. Springwood is producing future Engineers for Australia.

2014 School Uniform Shop
Opening Hours

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VOLUNTEERS are needed to help serve on these days. If you can spare some time to help out on these days – please email pandc@springwoshs.eq.edu.au or speak to Gloria in the Uniform Shop as soon as possible. (It’s nice and cool in the air-conditioned Uniform Shop.)
Business and Hospitality Faculty

Accounting and BCT

Congratulations to Jordy Hain and Daryhs Wong on graduating from the Griffith BUSINESS Year 12 Program on Friday 13th September 2013.

Both students successfully completed the three day program which involved attendance at lectures, tutorials and successful completion of assessment tasks.

Jordy and Daryhs each received a guaranteed entry into the business degree or double degree of their choice at Griffith University.

Legal Studies

On Wednesday 11th September, Jackie Charles from the Rule of Law Institute of Australia addressed the Year 11 Legal Studies students on a number of current legal issues relevant to their course of study.

The address focussed on areas of law including: the Rule of Law Principal in Australia, the Criminal Organisation Act (Qld) 2009, relevant legislation in Queensland relating to freedom of speech, political communication, the right to assemble, and legal protections of Human Rights in Australia.

Students were provided with resource booklets containing cases linked to the various Acts with a range of knowledge, investigation and evaluation of issues raised by these laws.

Chappy News...

Breakfast program:

DAY CHANGED to WEDNESDAY mornings 7.30am to 8.30am.

I have a wonderful team of helpers and every Wednesday we go through 14 loaves of bread with vegemite, jam and honey. Cheese toasties (which are a big hit) and 20 litres of juice and Milo, cereal is on offer too but not always popular.

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: WEDNESDAY mornings 7.30am to 8.30am.

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

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.

Donor support…

Thank you to all who support the Chaplaincy service.

If anyone would like to donate to this service contact SU QLD on 3112 6400, ask for donation 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, Springwood State High on the “donate to” part.

Please keep watch for further information in coming newsletters.

Blessings
Karen Weston
Chaplain

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 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.

Senior Jerseys

Springwood High is introducing a new aspect to the uniform policy approved by the P and C. From week four, Tuesday 29th October students in Year 8 and 9 can wear their full sports uniform and laced sports shoes (no high tops) to and from school each Tuesday only. Students in Year 10—12 can wear their full sports uniform and laced sports shoes (no high tops) to and from school each Wednesday only.

If wearing the new sports uniform, the sports shirt must be worn with the black sports shorts with the SSHS logo. The school caps are also encouraged to be worn.

Uniform Policy Update
Japanese Excursion

On September 18th, students from Springwood SHS’ Year 9 and 10 Japanese program attended a dinner excursion to Genki-ya Japanese restaurant in Underwood. They were accompanied by Ms Debbie Kahl and Mr Shogo Kemmoku, who are both Japanese teachers at Springwood SHS.

During this dinner, students had the opportunity to sample a variety of Japanese foods, including sushi, tempura, teriyaki chicken, edamame beans and Japanese sweets.

The excursion, which was an extension of the in-class food and dining units, allowed students to practice Japanese table customs, as well as experience authentic Japanese food. We all had a wonderful night and thoroughly enjoyed the experience.

Thank you to the staff at Genki-ya Japanese restaurant for being so welcoming, and for providing us with such delicious food. Students are already asking when the next excursion will be and many enjoyed the food so much, they have already visited the restaurant again with their families.

A big thank you must also go to Mr Shogo Kemmoku for organising the excursion and providing Springwood SHS students with this wonderful opportunity.

Ms Debbie Kahl
LOTE Coordinator

Easy ways to reach 10,000 steps

The 10,000 Steps program is an initiative to help people become more aware of their activity levels throughout the day.

By using a pedometer, you can measure how many steps you take each day. The goal of walking 10,000 steps a day was first developed by Dr Yoshiro Hatano, a Japanese doctor who calculated that the average person took between 3,500 to 5,000 steps a day. His theory was that if people increased their amount of steps to 10,000 each day, they would become a lot healthier.

It may seem like a daunting task to take 10,000 steps a day, but there are a few simple changes you can make to your lifestyle to help achieve this goal.

A simple way to get started is to always choose the stairs instead of the lift. This will help increase your step count as well as give you a cardio workout.

You could also try walking to and from work. If you live too far away to do that, you could park further away from the office than usual, or get off the bus or train a few stops early and walk from there.

Another way to make it easier is to find a walking buddy. By making a set time each day to go walking with each other, you are more likely to stick to the routine rather than if you were doing it by yourself.

Find out more about the initiative via the 10,000 Steps website.

Information reproduced from RACQ Health and Wellbeing section.

SAVER PLUS 10 YEAR ANNIVERSARY CAMPAIGN

Can Saver Plus assist you with education costs?

Join Saver Plus and match your savings, dollar for dollar, up to $500 for education costs including uniforms, text books, laptops, sports equipment, music tuition and TAFE or apprenticeship costs.

This year, the Benevolent Society celebrates 10 years of empowering Australians to save and build their financial confidence through Saver Plus. Saver Plus is Australia’s largest and longest running financial education and matched savings program, with more than 20,000 participants to date.

Saver Plus is a free program that requires participants to set a savings goal, save up to $25 a fortnight and attend financial education workshops. When participants reach their savings goal after 10 months ANZ provides dollar-for-dollar matched funds, up to $500, for the participants nominated educational costs.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

The Benevolent Society delivers the Saver Plus program in the North Gold Coast. To find out more contact your local Saver Plus Worker Sylvia Constantin on 07 5644 9182 or email sylvia.constantin@benevolent.org.au

OR

For more information on Saver Plus call or SMS your name and postcode to 1300 610 355, email saverplus@bsl.org.au or visit Benevolent Society Saver Plus website www.benevolent.org.au

Can Saver Plus assist you with education costs?

Join Saver Plus and match your savings, dollar for dollar, up to $500 for education costs including uniforms, text books, laptops, sports equipment, music tuition and TAFE or apprenticeship costs.

Saver Plus is Australia’s largest and longest running financial education and matched savings program, with more than 20,000 people to save and build their financial confidence over the last 20 years.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

To find out more, call or SMS your postcode to 1300 610 355 or email saverplus@bsl.org.au
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 -12.00 midday. (Closed Mondays)
Please have the account and your credit card details with you when you call.

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 – 12.00 midday (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

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 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.

P C MEETING
Now commences at 6.30pm in the Administration Block Common Room.
All welcome to attend.
Next meeting Tuesday 19th November.
Springwood State High School P & C Meetings are held on the third Tuesday each month at 6.30pm in the Administration Common Room.

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 graffit 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.

PLEASE NOTE:
STUDENT ABSENTEE LINE NOW HAS A NEW NUMBER
Telephone: 3380 6103
Start your career in Aircraft Maintenance Engineering in 2014.

Aviation Australia is an accredited world-class training facility established to support the development and growth of the aviation and aerospace industries in Australia. Our aircraft engineering courses provide you with the essential training required to begin your aviation career in Aircraft Maintenance.

Aviation Australia is hosting the following Enrolment Days for our 2014 course intake. Interviewing and aptitude testing will be conducted for applicants wishing to enrol on the day.

Location: Aviation Australia
Technical Training Centre
25 Boronia Road Brisbane Airport

Enrolment Days:
- 9am to 12pm, Saturday 12th October 2013
- 9am to 12pm, Saturday 26th October 2013
- 9am to 12pm, Saturday 9th November 2013

To start your aviation career register your interest now, email us at aeroinfo@aviationaustralia.aero
ADOLESCENT SCOLIOSIS
SPINAL CURVATURE

The National Self-Detection Program

Information for schoolgirls in years 7 and 9 and their parents

A health promotion program recommended by the Spine Society of Australia. The program is endorsed by the Paediatrics and Child Health Division of the Royal Australasian College of Physicians.

HOW SCOLIOSIS IS DETECTED
Apart from the outward signs with a teenager standing as illustrated, the reliable Forward Bend Test is used in the diagnosis of scoliosis. This simple visual examination requires the teenager to stand with the foot together and parallel and bending forward as far as she can go with the hands, palms facing each other, pointed between the two big toes. In scoliosis, one side of the upper chest (thoracic) region or the lower back (lumbar) region will be more than 1 cm higher than the other. The prominence is most often on the right side in the thoracic region. If the difference between the two sides is less than 1 cm, it is highly unlikely that a significant curvature is present and the difference is simply due to asymmetrical growth of the two sides of the body. This is called torso asymmetry and is of no significance.

WHAT IS SCOLIOSIS?
Scoliosis is a lateral or sidebends curve of the spine. The spine also rotates on its long axis as it curves. It usually develops during early adolescence (age 10-13 years) when growth is most rapid.

WHAT IS THE CAUSE OF SCOLIOSIS?
The cause is unknown, but 80-90% of cases occur is otherwise healthy adolescents. This is called idiopathic (cause unknown) scoliosis.

We know that scoliosis is NOT contagious and NOT caused by bad posture, a soft mattress, carrying a heavy school bag or joint food.

WHY IS EARLY DETECTION IMPORTANT?
While very small curves are common and of no significance, about 2% of girls have a curve which warrants medical observation during the growth period. These girls per 1,000 will require treatment during the growth phase. If treatment is required, the earlier it is undertaken, the better the long-term result. This is the basis for screening since it is the early stages scoliosis produces no symptoms. The way to detect scoliosis is to look for it.

WHY THIS BROCHURE HAS BEEN PRODUCED
This brochure is designed to make parents of schoolgirls aware of the outward signs of scoliosis. From time to time all government and non-government schools in Australia will be asked to download this brochure from www.scoliosis-australia.org and to distribute it to girls in Years 7 and 9 (11 and 13 years of age in most states and territories).

WHAT ABOUT BROTHERS AND SISTERS?
Scoliosis tends to run in families. When a curve is detected in one member of the family, other children should also be examined by the family doctor. If there is a history of a blood relative, especially a female cousin, having been treated for scoliosis by brace wearing or surgery, then this strengthens the case for spinal examination as a regular health check between 10 and 13 years of age.

Scoliosis which requires treatment is far less common in boys than in girls. The ratio of boys to girls requiring treatment is about 1 to 10.

IS TREATMENT SUCCESSFUL?
Yes, modern methods produce excellent results when a curve is detected early. In most cases an inconspicuous spinal brace is worn. Surgery is needed in only one out of three cases which require treatment.

There is no scientific evidence that physical therapy (exercise programs) and spinal manipulation (chiropractic adjustments) will either correct a scoliosis or halt its progression.

WHAT WILL HAPPEN IF SCOLIOSIS IS NOT TREATED?
The curve may increase unnoticed during the growing years. Moderate and severe curves may also increase in adult life. Some curves may increase with pregnancy. Severe pain, physical deformity and wear and tear arthritis may occur during middle life. Early detection is important for a healthy future.

HOW DO YOU DETECT SCOLIOSIS?
Simply look for it. It only takes 30 seconds.

Visit our website www.scoliosis-australia.org

©Scoliosis Australia is a project of

The National Self-Detection Program is supported by

Medtronic