**SPRINGWOOD HIGHLIGHTS**

February, 2014

*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

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**FROM THE PRINCIPAL**

Welcome back all our returning families and welcome to the many new families who have joined the Springwood State High School community.

**Junior Secondary Program**

Welcome to our fantastic Year 8 students who have settled in very well to life in a high school. Our Junior Secondary program has a strong literacy and numeracy focus within the context of a supportive environment. In 2014, students applied to be a part of our EXCEL program and will be extended through academically challenging and enriching cross-curricula tasks that will culminate in a showcase presentation. Year 8 students will also have the opportunity to compete in interschool sport and Performing Arts extension classes. There will be a Junior Secondary parent information evening on Tuesday 4th March to provide information regarding homework, the curriculum and general processes at our school. More information will be provided closer to the date.

**Springwood Strategic Plan 2013—2016**

The school community will continue to review and monitor the delivery of strategies outlined in our four year Strategic Plan. During the development of the plan, consistent elements of feedback provided by students, parents and staff included continuing our student support processes, building on our responsible student behaviour processes and continuing to build pride in our school. Reviewing and the consistent implementation of our Positive Student Behaviour and Wellbeing Plans will be a priority for 2014 with a focus on acknowledging and teaching positive behaviours and providing clear consequences for breaches.

**Every Day Counts**

As we begin Term 1, parents and carers are reminded of the importance of sending children to school every day. Being at school every day counts, with one day absent each week quickly adding up to two months of missed lessons in a year. Unless your child is ill, it is expected that your child will be at school learning every day of the school year. More information on the importance of regular school attendance is available at [http://education.qld.gov.au/everydaycounts/index.html](http://education.qld.gov.au/everydaycounts/index.html)

More information in future newsletters will also be provided regarding our focus this year on student attendance.

**2013 Year 12 Students**

Our 2013 Year 12 student left us with a number of qualifications and entry into an extensive array of university courses. 99% of Year 12 students attained an OP and/or a VET qualification and 98% of students attained a QCE at the end of Year 12. 97.3% of applicants received a QTAC offer.

**2014 School Leaders**

Congratulations to our 2014 school leaders. The school captains are Renee Holdstock and Lochlan Crowley and the Vice-Captains are Maria Cookson and Irirama Keepa-Winiata. Our Junior School Captains are Caitlin Kennedy and Jimmy Khuon. I know these students will do a wonderful job and will be supported by the many Year 12 Lodge, TIP and committee leaders.

Julie-Ann McCullough  
PRINCIPAL
DEPUTY PRINCIPAL NEWS

Welcome back to the start of another fantastic year at Springwood High! It has been wonderful to see so many new students enrolling in our Senior cohort over the past few weeks and to hear at enrolment interviews that students are choosing to come to our school as a result of the outstanding outcomes our students consistently achieve in terms of university entrance, TAFE and apprenticeships/traineeships.

Congratulations are extended to Max Hinton, our Year 12 Dux for 2014 who, in addition to gaining early acceptance at the Queensland Conservatorium, was offered a UQ Academic Scholarship to the value of $6000! Max was just one of 71 students from Springwood State High School who accepted an offer to pursue tertiary study in 2014 and we wish all our graduating students the very best of luck this year as they move forward with their lives as young adults and high school graduates!

The Senior Schooling Support Team – our HOD Senior Schooling, Mrs Angela Ormonde; Guidance Officer, Mrs Cathie Flint; Industry Liaison Officer, Kim Frew; and myself – have been working with a number of Year 11 and 12 students over the past weeks as they review their pathways and make plans towards their QCE (Queensland Certificate of Education). Students and families are encouraged to make contact with members of the Senior Schooling team at any time if concerns arise about a student’s progress in Years 11 or 12.

As part of the support processes in place for our Senior students, the AMPlify (Academic Mentoring Program) for Year 12 students has been launched this week, involving 40 of our highest achieving students. These students have nominated a member of staff who will work as their mentor throughout the year. Students and mentors will meet regularly throughout the term to review student goals and track their progress. At Springwood High, we seek to recognise and celebrate the hard work and dedication of our students and we will hold our first AMPlify morning tea on Friday, 21 February.

Also coming up on the 21st is the Leadership Induction Ceremony in which our 2014 School Captains, Vice Captains, Lodge Leaders and Prefects are recognised and are formally inducted into their leadership roles. Parents and families are invited to attend the Induction Ceremony and letters have been sent home with our student leaders with further details of this event.

Finally, a key focus for Springwood State High School in 2014 is student attendance. We have launched a new school-wide program, ‘ACED’ (Attendance Counts Every Day). Our goal this year is to maximise the number of students who attend school every day and increase our school attendance rate to > 90%. Parents and families are encouraged to read the ‘What to do if...’ section in the School Organiser which outlines what to do if students are absent, late or need to leave early from school. It is important that reasons for student absence are communicated to the school and families can make contact with regard to attendance via the school absentee line (07) 3380 6103 or the email address: attendance@springwoshs.eq.edu.au

We all (parents, teachers and students) need to consistently talk about and reinforce the importance of being at school every day. Students cannot be taught if they are not at school.

School attendance is a legal requirement and research shows that if your child has a record of good attendance, they are more likely to achieve high results in the future. This is not to say that students should come to school when they are sick of course, as sick children need rest and caring in order to get better.

Did you know that:

<table>
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<tr>
<th>If your child misses….</th>
<th>That equals…….</th>
<th>Which is ……..</th>
<th>and over 13 years of schooling that’s ……..</th>
<th>Which means the Best your child Might perform is ……..</th>
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<tbody>
<tr>
<td>1 day per fortnight</td>
<td>20 days per year</td>
<td>4 weeks per year</td>
<td>Nearly 1.5 years</td>
<td>Your child</td>
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<td>Other children</td>
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<td>1 day per week</td>
<td>40 days per year</td>
<td>8 weeks Per year</td>
<td>Over 2.5 years</td>
<td>Your child</td>
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<td>2 days per week</td>
<td>80 days per year</td>
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<td>Over 5 years</td>
<td>Your child</td>
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<td>3 days per week</td>
<td>120 days per year</td>
<td>24 weeks per year</td>
<td>Nearly 8 years</td>
<td>Your child</td>
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<td>Equals to finishing in grade 4</td>
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ENGLISH NEWS

The beginning of the year is a great opportunity to align our priorities so that your young person is able to succeed academically. I am a firm believer in setting high yet reasonable expectations for students. At Springwood State High your child is expected to: arrive on time; wear full and correct school uniform and bring correct equipment (student organiser, exercise books, pens, pencils, etc.) to school every lesson, every day.

In 2014 Year 8, 9 and 10 English students will follow the Australian Curriculum for English which comprises the following strands: Language; Literacy; Literature.

Students at Springwood State High are expected to complete homework every week. Homework is an important part of a learner’s development. Learning to study effectively is an important skill that, if fostered early, will prepare students for senior school and adulthood.

A spelling/grammar program is in place for Year 8 and 9 students. Each student is given a booklet at the beginning of term, from which weekly homework is set. We are also continuing with the reading log where students record their daily reading. Your child should read their notes from class as part of their independent study. It would be helpful if you could check the organiser regularly and sign at the bottom of the page each week.

If you have any particular concerns about your child’s progress, please do not hesitate to phone me on 3380 6115 or email me at fever4@eq.edu.au.

Françoise Monange
HOD English

BUSINESS & HOSPITALITY NEWS

Our first function for the year was a huge success!

Every first Wednesday of the month, the Hospitality Department caters for local business men and women from the Logan Chamber of Commerce. Our Senior Hospitality students were eager and ready to cook at 5.30 am in the morning.

Congratulations to the students showing enthusiasm and exceptional team work. You all achieved quality food preparation and beverage service!

Well done to Fane Smith-O’Malley, Kirsten Waters, Ally Martin, Ekala Dunham, Tayla Bridgart, Sheridan Armstrong and Tori Pears. Thank you to my wonderful colleagues Mrs Wilmen, Miss Matterazzo, Mrs Samra and pre-service teacher Mrs Aelystidou for their help and guidance with the students!

Duke of Edinburgh Award Program

The Duke of Edinburgh is an internationally recognised award, developing skills, encouraging young people to develop and grow in their own unique and challenging way.

A brilliant opportunity has arisen to begin your Duke of Edinburgh award journey fully funded and supported by the Tudor Park FCYC. This award focuses on building young peoples involvement in the community, while developing skills and maintaining physical activity, and better yet, after completing each stage, points can be accumulated in recognition of the Year 12 QCE certificate.


Express your interest with the school today!

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)

P AND C MEETINGS FOR 2014

The first P & C meeting for 2014 will be held on Tuesday 18th February, in the Administration block, common room.

All welcome to attend.

The AGM will be held on Tuesday 18th March 2014.
FREE TUESDAY Afternoon Tutoring: Mathematics, QCST and NAPLAN Numeracy in E04 from 2.50-4pm will commence in week 3. Free for ALL!!!!!

You DO NEED your own calculator for every Maths class everyday.

You DO NEED to glue the Bookwork rules and the Term Plan into your A4 Maths Notebook.

You DO need to have your organiser stamped on the resources fees page to collect your textbook.

You DO!

Here are some PRACTISE NAPLAN style Qs…
GUIDANCE OFFICER NEWS

Welcome back to Term 1.
My name is Cathie Flint and I am available at school Monday – Friday for any concerns you may have. These discussions are confidential and can range from career options to complex issues that you are concerned about. You can contact me at school on 3380 6111 or via email cflin@eq.edu.au.

I am often asked “How do I make my child more resilient to life events?” The answer is not a quick fix but one that we as a whole school community need to address together.

At school, we have included lessons via the BLAST Program that build upon the social, emotional capacity of young people rather than on their problems or deficits. The lessons encourage prevention, promotion and intervention in order to build the social and emotional strengths.

What can you do at home to promote resilience in your child?
Andrew Fuller is a well-known child clinical psychologist who has recently been described as an “interesting mixture of Billy Connolly, Tim Winton and Frasier Crane” and as someone who “puts the heart back into psychology”. Andrew has some excellent resources via his web page called Inyahed at www.andrewfuller.com.au.

Ten Hints for Creating Resilient Families

No. 1. Promote belonging
Resilience is the happy knack of being able to bungy jump through the pitfalls of life. It is the strongest antidote we know of for self-harm, depression and drug abuse and it’s built on our sense of belonging.

No. 2. Have some mooch time
We live in a world that suffers from attention deficit disorder. We rush children from activity to activity, from lesson to lesson. Find some time each week just to be at home without anything structured happening.

No. 3. Rediscover some family rituals
It doesn’t matter whether it is the family walk after dinner, the Sunday roast, the Friday night pizza or the Saturday morning clean up, rituals are highly protective.

No. 4. Spontaneity and curiosity
Spontaneity and curiosity are the building blocks of good mental health. If you want your children to succeed you need to show them that success is worth having.

No. 5. Love kids for their differences
When families’ function well people are allowed to be different and to be loved for those differences. The problem may, of course be that they will then express their independent spirit in ways that you don’t like. The ideal is a mix between someone who preserves their own uniqueness and is able to work with others without becoming dictated to by them.

No. 6. It is clear who is in charge
Families do not work well as democracies. In fact they seem to work best as benevolent dictatorships in which the parent or parents consult a lot with their children but at the end of the day, the parent has the final say. In families where parents fail to take their own role seriously, children may feel that to express their independence

No. 7. Consistency
Consistency is the ideal. Having parents who agree on rules and standards and who convey the same sorts of messages and who value compassion over coercion, clearly has the best outcome in terms of children’s well-being.

No. 8. Teach the skills of self-esteem
Families that work well seem to praise one another a lot. Compliments are made, positive efforts are commented on. Optimism is in the air.

No. 9. Know how to argue
Families that work well know how to argue. It seems strange to say this because we all have the sense those families that work well don’t have conflicts. The family is really where we learn to resolve disputes fairly.

No. 10. Parents are reliably unpredictable
With young children it is important to provide consistency and predictability. This allows them to feel sure of you. Perhaps the most important feature of parents in healthy families is that they realise that all of the above is desirable but not always possible.

www.andrewfuller.com.au
MENTAL HEALTH & WELL-BEING EXPO

On the 23rd October last year we had the annual Springwood Services Expo. We aligned it with Mental Health Week and highlighted ways for young people to keep mentally healthy. For some young people sometimes it is difficult to talk to family and friends when things go wrong or they do not have the knowledge on how to help take the next step toward healing. Seeking out support from youth services when help is needed is a great way to keep young people mentally healthy.

14 services that are designed to help young people came along and had interactive stations at the Expo.

They included:
- The School Based Youth Health Nurse Program
- Scripture Union – Our Chaplain
- Logan Child & Youth Mental Health
- Headspace Inala
- Bridges Reconnect
- Youth & Family Support Service – our past Youth Support Coordinator Solomon
- Logan Centre Against Sexual Violence
- Logan Woman’s Health Centres
- PCYC - True Colour Program
- Working Against Violence Support Service - WAVSS
- Deadly Choices Program
- Young Carers QLD
- A General Health Service
- Oral Health Service – QLD Health

Agencies that sent resources as they could not attend were:
- The Queensland Police Service
- The Red Cross
- MS Society

The students from many of the classes rotated through and participated in activities such as:
- A giant game of snakes and ladders with mental health questions
- Relaxation by putting their hand in a gelatinous bead solution
- Doing puzzles, competitions or answering questions to get prizes
- Guessing a lolly jar (don’t tell Oral Health)
- Looking at an interactive display of healthy eating suggestions in a day for a young person
- Having their teeth painted with a dye to identify plaque and if they are brushing their teeth correctly
- Looking at a display with the amount of sugar in drinks
- Playing with the ‘Jar of Tar’ showing how much tar a smoker inhales in their lungs in a year
- Arranging empty alcohol containers from the lowest standard drink to the highest (older year levels)
- And many other tasks.

The evaluation showed that 68% of students found that they learned something new and most enjoyed the day. The services said the students were very well behaved and they asked some really good questions.

Pink Ribbon Day

Another tradition for the school is Pink Ribbon Day. One of our staff Mrs Williams worked with Mrs. Wilmen and her Year 10 Hospitality Class put on our annual Pink Morning Tea for staff. Mrs Williams did try to get out of attending by breaking her arm the day before but she was able to attending the end with sling and all.

There were prizes, lucky seats and scrumptious cupcakes to consume. Each year there is a prize for who was wearing the most pink. $178.30 was raised for cancer research and we enjoyed the relaxed decadent surrounds with student art on display and being served by the professional Year 10 Hospitality Students.

We had Mrs Lang and Mrs Andersen from the Library selling the ‘Mum’s Diaries’ with many stories of people that have been affected by cancer either themselves or family. So ‘Miss May’ and ‘Miss October’ can be proud as they looked stunning and may have a career in professional modelling ahead of them yet. Also the students again had their cupcake recipe books for sale and the proceeds went to cancer research.

I spoke about the 340 research projects by the National Breast Cancer Foundation that are partially supported by the large amounts raised each October for Breast Cancer Research. One type of breast cancer ‘triple negative breast cancer’ that is often diagnosed in younger woman and does not respond to traditionally treatments will benefit from recent research that has made radiotherapy more effective and prevent metastases in the laboratory. 

The main message continues though - Be diligent with the early identification techniques such as BSE and Mammograms so that any changes are found early and treated early for a better outcome. Alcohol and age are known risk factors.

Thank you again to Mrs Williams, Mrs Wilmen, the wonderful Year 10 Hospitality class and all the staff that contribute in Hospitality. Thank you to the generous staff also.

Good Health
Michelle the School Based Youth Health Nurse
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 band-aids. 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 wellbeing; 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 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 Mondays and Thursdays via the school. Please phone the office to arrange to speak to me.

CHAPPY NEWS

Hello All and Happy New Year.

Well, back to school already. I had a lovely holiday break and I am excited about the year ahead here at Springwood High. I am currently working 4 days, Tuesday to Friday.

Again this year I will run with the same programs. In the coming weeks most of them will start so if you would like to help out please let me know. I started out my first week back by giving the Chappy Office a face lift of fresh paint and a few new bits and pieces in the office, A big thank you to my daughter Brittany for helping out on her days off. It looks great, so students have told me and feels nice.

Chappy happenings: 2014

*GYM - Growing Young Men
*REFLECTIONS for Girls
*Chappy Office/Lunch feed
*Youth off the Streets sleepover at school
*Chappy week
*KS4KIDS Gold Coast walk
*Logan Loop High Camp

Breakfast program:

WEDNESDAY mornings 7.30am to 8.30am
Breakfast will start Wednesday 12th February. All the students love coming for a breakfast feed and chat with their friends and our volunteer workers. We have orange juice, milo, toast, cheese toasties, cereal and fruit.

Fundraising Events:

I have several fundraising events coming up in the first half of the year and help is needed with these as well.

Saturday 15th February is Bunning’s Sausage sizzle at Kingston Road, Underwood.
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 33806117 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. 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 – 12.00 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**

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**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.

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**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.

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**MEDICATION**

Just a reminder to parents/caregivers that if your child needs to take medication of any kind whilst at school, it is your responsibility to take care of the medications.

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**P & C MEETING**

Now commences at 6.30pm in the Administration Block Common Room.
All welcome to attend.
Next meeting Tuesday 18th February 2014.
Springwood State High School P & C Meetings are held on the third Tuesday each month at 6.30pm in the Administration Common Room.

AGM will be held Tuesday 18th March 2014.

**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 to your child that if you 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.

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The BRAVE Program: Beating Back to School Anxiety!

For children and teenagers with Social Anxiety, returning back to school can be difficult. Concerns about new classmates or teachers, and other school related activities like presenting oral reports, participating in class activities, or making new friendship groups can cause much anxiety. But there is help available… and it’s online!

A team of researchers (BRAVE Team) at Griffith University, University of Southern Queensland, and the University of Queensland are seeking teenagers (13-17 years) and children (8-12 years) suffering from social anxiety; a fear of being negatively judged by others, or extreme shyness.

The BRAVE program aims to help children and their parents learn strategies for managing social anxiety and teach techniques to cope with anxiety-provoking social situations. The treatment program involves between 7-12 online sessions for participants, with each session taking approximately an hour to complete. Families are charged a one-off fee of $120 to assist in covering treatment costs and will also be asked to complete questionnaires and telephone interviews. However, families will receive a rebate of $25 in vouchers each time they complete a post-treatment assessment.

For more information, contact Mrs Flint or to register your interest in the program, directly please visit the BRAVE ONLINE website: www.exp.psy.uq.edu.au/socialanxiety. Alternatively, you can call the BRAVE team on (07) 3735 3312 or Email: brave@psy.uq.edu.au. For further information, pay a visit to our Facebook page: www.facebook.com/braveforanxiety.