



NAVIGATOR - 2008



TERM 3, August 8th 2008

PRINCIPAL'S COMMENT

Wow what an exciting fortnight we have had!

Japanese Exchange Students: We have had a great time with our exchange student friends from the Senri International School in Osaka, Japan. Our students benefit greatly from having intensive conversations with these exchange students to practice their linguistic skills and learn more about Japanese culture. A great Sayonara Dinner was held last Wednesday night with all homestay parents and staff and students having a great time. Congratulations are in order to Ms Wilson, Mr Shorten, Ms Duxbury and all who assisted to make the initiative such a great success.

The Wiz!!: After months of hard work and planning our highly gifted students and staff have successfully presented an amazing production of "The Wiz". A contemporary portrayal of the Wizard of Oz. I am still stunned by the talents we have on board in our school. Truly outstanding. Our staff and students are just amazing and all should feel so very proud of what has been achieved. There being far too many students and staff to thank and congratulate, suffice to say a huge congratulations to Mr Coulson and his fabulous team of students and staff. We are so very proud of you all! Congratulations also to our sponsors and parents and family members who without your support the show would not have been the brilliant success it was!

Athletics Carnival 2008: With one eye on the skies we headed last Friday in to our carnival for 2008. What a great day of sportsmanship and competition we had. The spectators I am sure, had just as much fun with some vigorous inter-house competition in regard to not only the athletics but also with house spirit! It was a great day and full marks to our hardworking HPE staff and other staff members for all they did to make the day so much fun! Congratulations to Rafter house for their success on the day and to our age champions. Awards for champions will be presented at Celebrations Showcase later this year.

Enjoy the show holiday coming up on the 11th August and just a reminder that the Wednesday 13th August is a holiday for all students while staff undergo a variety of Professional Development activities. Thursday 14th August is our "Big Day In" which is our Religious Education day and there is a fun filled and jam packed program to both entertain and enlighten all students!

Have a great fortnight!

Ross MacKay
Principal

DEPUTY NEWS

Recently we have noted an increasing number of incorrect contact details. It is imperative these details are kept up to date to ensure you as guardians receive information in a timely manner. In the unfortunate event that your child becomes ill at school or is injured, it is important the details are correct to avoid additional stress on your child. At the end of Semester 1 all report cards were mailed to the home address indicated. This package also included information regarding Parent Teacher interviews, subject information evenings and other events such as scheduled for the first several weeks of semester 2. A significant number of these were returned to the school due to inaccurate contact details. If your circumstances have changed or you have recently changed address, phone number or the emergency contact details are no longer appropriate, please complete the form included in this newsletter and return as soon as possible to student services.

Adam, Cathy, Jennifer and Sean

CASHIER WINDOW HOURS

Students/Parents: 8.00 – 8.25
11.00 – 11.45
(Thursday 11.00 – 11.30)
12.55 – 1.30

**No money will be accepted outside these hours.
Money will only be accepted by the cashier.**

Parents

For your financial security please do not provide credit card details on permission forms for student activities. You may make credit card payments over the phone. Please contact the school.



CANTEEN ROSTER



Monday -	11/08	Show Day
Tuesday -	12/08	Julie & Chris
Wednesday -	13/08	SFD
Thursday -	14/08	Carol, Kharla & Heather
Friday -	15/08	Liz
Monday-	18/08	Cathy & Judy
Tuesday-	19/08	Julie & Chris
Wednesday-	20/08	Sue & Diane
Thursday-	21/08	Carol, Kharla & Kaylene
Friday-	22/08	Liz

EVENTS

SCHOOL EVENTS CALENDAR - 2008

11 th August	Public Holiday
13 th August	Student Free Day
15 th August	Science Discovery Expo
19 th August	ILC Maths Excursion
21 st August	Drama Excursion to LaBoite

BIG DAY IN

If you are uncomfortable with your child taking part in the activities and are attending school on this day please sign the form below.

BIG DAY IN

Student Name: _____

Year Level: _____

I do not wish for my child to participate in the activities of 'Big Day In'.

Signature: _____

MESSAGE FROM YOUR SCHOOL NURSE

PART 1

It has come to my attention through my role as the School Based Youth Health Nurse, that a considerable number of students are attending school without an adequate nutritional intake to see them through the school day.

What a person eats can affect their ability to do what they like doing. Good food helps them to:

- Stay alert and energetic all day
- Build a healthy body
- Perform at your best in school and sport
- Ward off or recover quickly from sickness.

Young people have periods of rapid developmental growth; both physical and emotional, and they are, in general, very active. Whereas encouraging your teen to take on responsibility for their own health and well-being is a vital role within good parenting, young people do not often place allocating time to arrange/organise a nutritious breakfast/morning tea/lunch high upon their own agenda, and they do require guidance. It is important to supervise that they have access to a good breakfast, and either a packed lunch, or money for the tuckshop within the school. Our school's tuckshop offers a range of quality, nutritious meals at a reasonable price.

Healthy eating isn't just about nutritious foods, it's also about enjoyment and variety. No single food can give you everything the body needs. The body needs lots of different foods to be at its best.

To enjoy health eating it is recommended that a person eats

- Mostly plant foods (bread, cereal, rice, pasta, noodles, vegetables, legumes and fruit)
- Moderate amounts of animal or protein foods (milk, yoghurt, cheese, meat, fish, poultry, eggs, nuts, legumes).
- Small amounts of oils and margarines and extra foods (eg. lollies, pies, cakes, biscuits, soft drinks)

You should also encourage your teen to choose different varieties of foods from within each of the five food groups from day to day, week to week and at different times of the year.

If there are concerns about your teen's eating habits, for any reason, please contact the school nurse, your family G.P. or your local community centre.

Or try this website: www.heartfoundation.com.au

PART 2

Because of our school's committal to maintaining a safe environment for our students with medical conditions, it is sometimes necessary for individual students to carry emergency medication upon their person.

In such situations, it is vitally important that other students are aware that medicine safety protocols must be maintained.

Medications are prescribed specifically to an individual, depending upon their diagnosed condition and presenting symptoms. Taking medications – whether they are liquids, tablets, inhalers or lotions - that are not prescribed for you by a health professional, can be potentially dangerous, or, even fatal.



Whereas the school takes every measure to keep required medications in the central office for students to access in a controlled environment, certain medical conditions necessitate for the individual student to carry emergency medications upon their person. The school sanctions this on each case's individual merit, and only when advocated by the treating health care professional. The student concerned is then responsible for keeping the medication safe and secure, and not easily accessible by others i.e. kept secure within their own private property.

Please maintain your own safety by ensuring that if you come into contact with a medication which isn't prescribed for you, you return it to the individual it is prescribed for, or hand it into the main office. **DO NOT INGEST, INHALE, APPLY ANY TREATMENT THAT IS NOT PRESCRIBED FOR YOURSELF.**

YEAR 10 SUBJECT SELECTION AND SET PLAN INTERVIEWS

Thank you to all the parents and students who attended the Year 10 Subject Selection Evening on Thursday, 24 July. To ensure students accumulate the points required to receive their QCE (Queensland Certificate of Education), they must study subjects in Year 11 and 12 that they can pass 100% of the time. It was wonderful to see so many parents and students asking questions about subjects at the Subject Selection Evening and preparing themselves to make informed decisions about Senior courses for 2009!

Subject selection forms were due on 31 July. If you have not yet returned your form, please hand it in at the school office asap.

As mentioned at the Subject Selection Evening, SET Plan Interviews will be occurring on September 2 and 3 to finalise student's subject choices and ensure they have set clear and achievable goals for their future learning pathway. Parents are encouraged to attend the interviews and appointment times will be sent out over the next few weeks.

University Open Days

The University of Queensland and University of the Sunshine Coast Open Days are coming up fast. All 10, 11, 12 students interested in pursuing a tertiary pathway are encouraged to attend!!! You will be able to speak to uni lecturers and find out more about the types of courses available and the prerequisite subjects you should take at school.

Dates are as follows:

UQ - St Lucia campus: Sunday 3 August, 9am to 3pm

UQ - Ipswich campus: Wednesday 20 August, 3.30 - 7.30 pm

UQ - Gatton campus: Sunday 24 August, 9.30 - 3 pm

USC – Sippy Downs campus: Sunday 17 August, 10 am – 3 pm.

Please see the school's Guidance Officer for free brochures and programs from the Universities about the Open Day!

Australian Engineering Week

Australian Engineering Week is an initiative of Engineers Australia and the Queensland University of Technology. From the 4th to the 10th of August, students are encouraged to visit www.engineersaustralia.org.au/aew to find out more about careers in engineering. A special calendar of events and tour schedule are available at the website for those wishing to learn more about the engineering industry.

Bec Bratby
A/HOD Senior Schooling

SCHOOL OPINION SURVEY

Each year the Department of Education, Training and the Arts undertakes a survey of staff, students and parents to gauge their level of satisfaction with the important aspects

of schooling. The school receives a report outlining the results of the survey and these results are used identify areas for future development. The survey is also an important part of the school's annual report.

The Department sets rules to ensure a random selection of parents and students from the school's data base are sent surveys to complete. School Opinion Surveys will be posted home to parents in the week beginning 4 August. All staff are also surveyed.

Your responses are completely confidential. The surveys are forwarded to an external contractor and the school receives the analysed results. Should be selected to complete a School Opinion Survey, please take the time to provide us with your valuable feedback.

RESOURCE HIRE SCHEME AND COURSE MATERIAL CHARGES FOR 2008

The families with outstanding fees would have received statements outlining the amount owing for the Resource Hire Scheme and Course Material Charges for Semester 1, 2008. New Statements will be sent home in the first week of August to reflect Course Material Charges for Semester 2, 2008 and any outstanding fees.

For the 2008 Resource Hire Scheme some of the families who indicated they wished to participate in the scheme, have not made payment to date although the resources have been made available to their student/s for use; and of the families who indicated that they agreed to pay for Course Materials Charges including TAFE courses items of which have been paid for or supplied by the school, not all families have paid.

Thank you to the few families who have made contact with the school and put in place payment plans to reduce the outstanding amounts; or have paid the fees in full since the statements were issued. The school operates the Resource Hire Scheme with the endorsement of the P&C, to benefit all students and to reduce the cost to families of supplying the items required. These are items that families are required to supply for students as the school does not supply textbooks. It is not viable for the school to provide this service if fees remain outstanding. If no arrangement has been formally put in place to ensure payment of this debt students may be denied the opportunity to participate in non-compulsory school activities i.e. Excursions, Formal, Japan Trip, Camps, Gold Level events etc.

Students wishing to participate in excursions, trips, camps, and other extra curricular events i.e. formal are expected to be up to date with payments, or have a formal payment plan in place, and it is anticipated that the activities is paid for prior to attending. Thank you for your support in ensuring the school can continue to provide a Resource Hire Scheme to reduce the cost of text and resource outlay to families.

Kerri-Ann Stedman
Business Services Manager (Finance)

SCIENCE RAFFLE

COSMETICS

Tickets \$2ea or 3 for \$5
Purchase tickets from Science Preroom at lunchtimes

Proceeds to purchase equipment for science classes

CHANGE OF DETAILS

We have noticed a lot of discrepancies recently on our contact details for students. If you have had any changes to your address or contact numbers please fill in the form below.

CHANGE OF DETAILS FORM

Student Name: _____

Year Level: _____

CONTACT DETAILS

Address: _____

Contact 1 No's: _____

Name: _____

Contact 2 No's: _____

Name: _____

FROM THE MIDDLE SCHOOL

We have a new publication called the ***Middle School Newsletter*** which specifically focuses on sharing important information with students and families about educational and social issues related to adolescents. It will be distributed electronically. If you would like to receive the ***MSN*** please email middle.school@narangbavalleyshs.eq.edu.au to subscribe. In the email, please list your students' names and year levels for easy identification and future emails.

In addition, if you have any questions related to your child, events at NVSHS or other queries and you find email a more convenient means of communication please do not hesitate to contact us. We will also send out 'quick reminders' or date claimers to keep you informed about what is happening at our school, especially in the Middle Phase of Learning.

Liz Senior
A/HOD Middle Schooling

PERFORMING ARTS NEWS

Musical

Congratulations to all the staff and students involved in this years musical THE WIZ! It was a real success only made possible by the hard-work of all those involved. I would also like to thank the parents who gave up their time to
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help out on the night.

There are still left over programs available for \$2.50 from the cashier's office for any one who missed out.

Dance Ed in the Spotlight

A big congratulations to the dance department and their teachers Nicole Sullivan and Viola Wynne-Hoelscher for the recent success of NVSHS dance students who performed at the Redcliffe Cultural Centre as part of this education showcase of dance. We look forward to the dance department's next performance.

ABC RADIO 612 AM

NVSHS Symphonic Wind Ensemble and Vivian Emsworth-Copland will be featured on the radio Friday morning (8/8/08) between 7-8am performing the National Anthem. Please tune in and support the school for this fantastic performance.

Family Fun Day

The Performing Arts Academy is performing at the Family Fun Day at Centenary Lakes Caboolture at 1.45pm and 3.30pm (13/8/08). The Parent Support Group is also running a food stall. Please come along and support the Performing Arts Department on this day!

Ekka

The Stage Band and Symphonic Wind Ensemble are scheduled to play at the Ekka on Tuesday 12th August. If your child is a member of one of these ensembles please ensure they have paid their bus money (\$10) and returned their forms.

I would to thank the school community for their continued support of Narangba Valley State High Schools Performing Arts Department. If you have any questions on queries please do not hesitate to contact me at the school.

John Coulson
A/Head of Department
Performing Arts

CABOOLTURE BRANCH LITTLE ATHLETICS CENTRE INC

Come and have fun at Caboolture Little

Athletics

SIGN – ON

(for children aged 4-17 by October 1st)

Saturday 16th & Sunday 24th August 10am-

2pm

Athletics Oval

Caboolture Sports Complex, Centenary Lakes

(off Morayfield Rd)

CONTACTS: David 0421 311 924 Julie 0434

482 369

caboolturelittleathletics@hotmail.com