



# NAVIGATOR - 2009



TERM 1, March 12<sup>th</sup> 2009

## PRINCIPAL'S COMMENT

In recent times we have had a number of staffing changes. I have returned from my leave and thanks go to Sean Bennett who will now return to his position of Deputy Principal, looking after Yr 11 students. Adam Colley Deputy Principal (Yr 9) has taken some leave and will be replaced by Scott Shorten who will be Acting Deputy Principal for the remainder of term.

A reminder to all our annual Starquest will be held in the PALACE on the evening of Friday 13<sup>th</sup> March, Tickets are still available and they may be purchased from the school. Another great night, showcasing the amazing talents of our Narangba Valley High students, is assured.

As you would be aware, a number of cases of measles, have been identified in areas to our north. This is a timely reminder to all to ensure that your sons' or daughters' vaccinations are up to date. If you have any queries about you child's vaccination status or options, both Queensland Health and the Moreton Bay Regional council can be contacted for advice and information.

I would also like to remind parents regarding the use of mobile phones. While it is understood that many students have mobile phones these must not be produced at school or in class. Students are very welcome to leave them at the office for safekeeping. These items are very easily lost or stolen and the school takes no responsibility for their loss. It is very important that students, who choose to bring a phone to school, do not turn them on during class time.

I would also remind parents to take care when dropping students off, or collecting them in the afternoon. The correct pick-up/drop-off area is the main car park at the front of the school (just after the bus lane). A small number of families are dropping their students off inside the first entrance and this is causing some safety concerns as this entrance is used by students who have ridden their bike to school. The close proximity of large numbers of students on bikes and cars trying to negotiate their way in and out is not desirable. So please use the correct area to drop-off or pick up your children.

Yours,

Ross Mackay  
Principal

## DEPUTY NEWS

Firstly, as we move ever closer to the end of Term 1 our students should be working furiously on assignments and / or preparation for end of term exams. Therefore finding a moment to talk to your students about how they are managing their time during this busy part of the term, will provide you with an insight as to how they are coping.

Time management refers to a range of skills, tools, and techniques utilized to accomplish specific tasks, projects and goals. There is however no agreed and definite way of time management. It depends on the individual person, as how they manage their schedule, and prioritize their activities. Please be mindful of your students and how you can assist them to manage their time effectively.

Remember a clear understanding, good preparation and continued communication with the teacher is critical to success.

Secondly, all students should now have had their school photos taken and this means Student ID cards will be on their way before too long. If your student missed having their photo taken they can report to the office to have a photograph that will then be used for their ID card.

And thirdly, we wish all our Starquest entrants the very best as they prepare to sing, dance, perform and entertain on Friday night.

Ms Jennifer Skeahan  
Mr Sean Bennett  
Ms Cathy Pflingst  
Mr Scott Shorten

## EVENTS

### SCHOOL EVENTS CALENDAR - 2009

19 <sup>th</sup> March	Regional Trial day 2
20 <sup>th</sup> March	Yr10 Accelerated Maths Excursion
24 <sup>th</sup> March	Alt Trial Day 2
26 <sup>th</sup> March	Vaccinations



## MESSAGE FROM YOUR SCHOOL NURSE

Teens are rapidly becoming the top consumers of energy drinks. Although they are commonly marketed like sports drinks, which replenish some important nutrients lost during vigorous exercise, energy drinks have little proven, nutritional value.

Caffeine is the primary "Boost" ingredient in energy drinks, and is potentially the most dangerous element. The drinks can also include sugar, taurine, ginseng, and other stimulants, including ephedrine. Recently, health professionals have become concerned about the amount of caffeine consumed by teenagers, from energy drinks, and, other sources.

Caffeine is a psychoactive drug. This can cause side-effects in teens ranging from stomach upsets, irritability and sleep disruption, to blood pressure changes, and irregular heart beat.

The real danger however, is dependence. This is very easy for a teen to become dependent in the light of hectic school activities, sports and part time jobs. Teens may assume that they can 'get by' on only six-seven hours of sleep a night, when developmentally, they require nine hours.

Breaking a caffeine dependency can be very difficult, and produce a wide variety of withdrawal symptoms for teens, from mood swings, to headaches and impairment in school and athletic performance.

If your teen has been using energy drinks, and/or other caffeine products, monitor for signs of dependency. Look to make a withdrawal schedule; don't attempt abrupt cessation of consumption. The recommendation is to cut a quarter to a half over a period of five days to reduce withdrawal symptoms.

## SENIOR SCHOOLING NEWS

### Queensland Core Skills (QCS) Test – Application for Special Provision

The Queensland Studies Authority (QSA) recognises that some students may not be able to sit the test and need exemption or can only sit if we vary the conditions for sitting the test.

Exemption:

If you are OP-eligible and you believe you have valid grounds for exemption, you may apply to the QSA. Your OP eligibility will not be affected by exemption. Exemption does not apply to OP-ineligible students.

Varying the conditions for sitting the test:

If you believe you have valid grounds for variations, you may apply to the QSA.

Applications close on 21 May 2009. Applications received after this date will be processed if possible. Application forms are available on the QSA website. From the QSA homepage at [www.qsa.qld.edu.au](http://www.qsa.qld.edu.au) select Assessment>QCS Test>Special Provisions.

See Miss Bratby for more information or, alternatively, contact the Senior Operations Officer (Test Administration) on 3864 0475 or by email at [qcs.spc@qsa.qld.edu.au](mailto:qcs.spc@qsa.qld.edu.au)

### Building & Construction General Safety Induction Course (Blue Card)

A Blue Card course will be conducted for students at school on Tuesday 7 April 2009. This card is essential for any student who would like to undertake any form of work or work experience in construction. The cost to Secondary students is \$36.30 each payable before attendance at the course. Interested students should see Mrs Lever in O'Neill (Phone 3385 4571) to collect paperwork and book a place. Limited places are available and bookings close on Monday 23 March.

**Moreton Bay Regional Council** - Try A Trade Council in conjunction with CASILS (Caboolture Area Schools Industry Links Scheme) are pleased to provide students in our area with the opportunity to attend weekly visits to the Council workshop to gain experience in a range of skills from Motor Mechanic, Diesel Fitter, Boiler Maker, Small Engines and Auto Electrician.

Students will be required to find their own transport to and from the Caboolture Plant & Fleet Depot and will participate for 1 day per week for 5 weeks. Interested students should see Mrs Lever in Senior Schooling (O'Neill Staffroom) for further information and to collect an application form. Mrs Lever is available Monday to Thursday, Phone 3385 4571.

### University of the Sunshine Coast – Headstart Program

Ever wondered what it's like to be a uni student? Find out first-hand through USC's Headstart program. Attend lectures and classes with university students and learn from lecturers with practical industry experience. With more than 90 courses to choose from, you can study a course that you're passionate about.

In addition you may gain:

- credit towards your Queensland Certificate of Education (QCE),
- credit towards your USC degree, and
- guaranteed entry to most USC degrees upon successful completion of 2 courses.

If you would like more details, you can attend the USC's up-coming information night and take the opportunity to speak with USC staff. To register for the information session or for more information contact:

**Tel:** 07 5459 4795

**Email:** [schools@usc.edu.au](mailto:schools@usc.edu.au)

Headstart applications for study in Semester 2, 2009 close Friday 15 May 2009.

**Miss Bec Bratby**  
**HOD Senior Schooling**

## Learning Improvement Plans (LIP)

In 2008, Learning Improvement Plans were implemented to support students who were not achieving a satisfactory result in school subjects. At the end of 2008 all Year 8 and Year 9, current Year 9 and 10, Student's report cards were reviewed to identify these students for 2009. If your student has been identified they will have met with their LIP Teacher in the last few weeks. The LIP Teacher will also contact you to discuss your student's achievement and discuss ways to support and encourage them as they begin this school year.

For current Year 8 Students, we will be reviewing their academic achievement at the first reporting period. If your student is identified as one requiring targeted support through the LIP their Form Teacher will become their LIP Teacher.

This program is designed to make students aware of their current engagement and learning in subjects and make them aware of what they need to change in order to achieve their goals for the future. If you have any queries, please do not hesitate to contact us.

Liz Senior (Year 8 or 9)  
Middle Schooling  
Bec Bratby (Year 10)  
Senior Schooling

## MATHEMATICS NEWS

For Year 9 students, the 2009 NAPLAN Numeracy test is fast approaching. It is vitally important that all students have as a minimum a scientific calculator for every Maths lesson. A resource that a lot of students have also found useful is a Maths Study Dictionary. It has over 300 pages of explanations of mathematical terms, symbols, diagrams and a guide to language used specifically with Mathematics. If you would like to order one of these dictionaries through the school (approx \$20), please contact me at school.

Students will be doing some preparation for the test in class, but if you would like to have a look at last years calculator and non-calculator papers, they can be downloaded for free from:

[http://www.naplan.edu.au/naplan\\_2008\\_tests/naplan\\_2008\\_year\\_9/naplan\\_2008\\_year\\_9\\_tests.html](http://www.naplan.edu.au/naplan_2008_tests/naplan_2008_year_9/naplan_2008_year_9_tests.html)

This is a good opportunity to have a look at the type of things students in Year 9 are expected to be able to do, and a good opportunity for parents and students to sit

down together and work through any Numeracy problems.

Maths tutorials are still on every Wednesday afternoon in H11 from 2:45 – 3:30pm for any students, of any year level to get assistance from Maths teachers in relation to classwork, homework, assignments or exam preparation.

Kevin Fullbrook  
Mathematics HOD

## ICT NEWS

ICT Support room guidelines – ICT01



Open lunchtime every day!

ICT 01 will be open at lunch 11 - 11.45am for student and staff ICT support.  
(Thursdays it will be open second lunch from 12.40 - 1.25pm)

- Students can work on assignments, have access to ICT teachers for ICT support, change and reset passwords, print assignments and use ICT facilities for learning purposes.

## VOLUNTEERS WANTED

The Individual Learning Centre (ILC) would love to hear from any parents wishing to help with Literacy, working with small groups of students. Most of these sessions take place in the morning in periods 1, 2 or 3. You would be fully trained in anything you are required to do and a member of staff would always be on hand.

If you are interested, please phone Judy Clelland on 3385 4575 or Susan on 3385 4566.

## CANTEEN ROSTER



Monday -	16/03	Cathy & Janet
Tuesday -	17/03	Julie & Chris
Wednesday -	18/03	Sue & Diane
Thursday -	19/03	Kharla & Kaylene
Friday -	20/03	Liz & Judy
Monday-	23/03	Gayle
Tuesday-	24/03	Julie & Chris
Wednesday-	25/03	Sue & Diane
Thursday-	26/03	Carol, Kharla & Kaylene
Friday-	27/03	Liz - MORE HELPERS NEEDED

## CANTEEN MENU 2009

<b>SANDWICHES</b>	
Chicken & Salad	\$3.00
Ham & Salad	\$3.00
Ham, Cheese, Tomato	\$2.50
Chicken	\$2.00
Ham	\$2.00
Salad	\$2.50
Egg & Lettuce	\$2.00
Egg	\$1.50
Cheese	\$1.50
Vegemite	\$1.00
Peanut Butter	\$1.00
<b>EXTRAS</b>	
Egg	.50c
Avocado	.50c
<b>VALLEY SUBS</b>	
Teriyaki Chicken	\$3.50
Roast Beef	\$3.50
Meatball	\$3.50
Salami-pizza	\$3.50
Any extras 50c each	
All subs include lettuce, sliced cheese and meats	
<b>SALAD PLATE OR CONTAINER</b>	
Ham Salad	\$4.50
Chicken Salad	\$4.50
Plain Salad	\$4.50
Extras	.50c
All salads include egg	
<b>OTHER APPETIZERS</b>	
Sausage Rolls	\$2.50
Potato pie, Plain meat Pie	\$3.50
Wedges	\$2.00
Kebab wrap beef or chicken	\$3.50
Kebab wrap plain salad	\$3.00
Popcorn Chicken	\$2.00
Hamburgers (including meat, cheese,) (extra salads)	\$3.00 .50c
Chicken Burger (includes chicken, cheese, lettuce)	\$3.00
Fresh fruit salad	\$2.50
Assorted yoghurt	\$2.00
<b>SUSHI</b>	
Chicken teriyaki	\$2.50
Vegetarian	\$2.50
Avocado Salmon	\$2.50
With Salad	\$6.00
<b>BREAKFAST MENU</b>	
Assorted cereal bowls & milk	\$2.50
Lean bacon & egg muffin	\$2.50
Raisin toast: 2 slices	\$1.50
<b>HOT DRINKS</b>	
Cappuccino	\$1.50
Hot Chocolate	\$1.50
<i>Variety of cold drinks available</i>	

## LIFELINE COMMUNITY CARE - PEER SUPPORT PROGRAM

Narangba Valley State High School would like to acknowledge and congratulate all of the students that participated in the Lifeline 'Peer Skills' workshops ran over term four last year. The Lifeline 'Peer Skills' workshops is an experiential learning opportunity aimed at enhancing the peer support, problem solving and help-seeking skills of young people (13 – 18 years). The workshops build upon the peer relationship skills young people already have and use daily in a way that helps themselves and others. The course, hosted by Narangba Valley State High School and supported and facilitated by the Youth Support Coordinator, Michelle Crocker, Gabrielle Lewer and Paul Reid was ran over two days from 9am – 3pm. The aims of the Peer Skill workshops were to:

- To create a safe, fun learning environment whereby concepts of peer skills could be explained and introduced to them;
- Promote an understanding of the role of values and attitudes and how this relates to the context of helping peers and friends;
- To teach listening and responding skills needed to help others and to provide the students with an opportunity to practice these skills;
- To teach a framework for problem solving that can be used in many different situations;
- To encourage student to be aware of their strengths and limitations when helping others and to develop healthy ways to look after themselves while helping others; and
- To assist students to know how and when to seek help from an adult or professional in regards to a problem.

Due to the success of these workshops Narangba Valley plans to continue offering this program to future student leader of the school and will utilise the skills of the present graduates to support their peers in regards to issues of bullying, settlement into a new schooling environment and disengagement. Twelve of the graduates of the workshops celebrated their achievements on parade on Monday 16<sup>th</sup> March 2009 in front of their year level cohorts. To all the students and members of staff involved in the smooth running of the program, thank you for your contribution.

Paul Reid and Michelle Crocker  
The Behaviour Support Team.