



# NAVIGATOR - 2009



TERM 4, October 23, 2009

## PRINCIPAL'S COMMENT

Our gala night of the year is fast approaching. Celebration Showcase is to be held on Tuesday evening 27<sup>th</sup> October. All are welcome to this very special night where we recognise outstanding performances of students from Year 8 to 12. We recognise the wonderful achievements of students and staff in all areas of endeavour including the academic areas, culture and the arts. It promises to be another hallmark event for our school so please join us!

Parents please note that given the current Education Act, lunch time and after school detentions will be used more effectively in future. We as a school utilize a vigorous behavioral support policy in and around our school policies of maintaining an effective learning environment, quality relationships, school uniforms and issues of punctuality and attendance. Parents are required to actively engage with the school's policies in these areas and ensure your child is prepared with the correct attitude, resources, uniforms and organisation to meet school policies and expectations. I would be pleased to discuss these with you if clarification is required.

Parents also please note that as we start to wrap up the 2009 school year, thought should be given to preparing for 2010. This would involve ensuring subject requirements are understood so that materials and resources may be purchased in readiness for the school year to begin. Also uniforms may need to be upgraded in readiness. Students must have the full formal and sports uniforms prior to starting the school year. Best to get this organised now while our uniform shop is open for business and avoid the rush at the end of the holidays. Also any outstanding fees and charges should be addressed to ensure there are no issues with your being able to be part of our Textbook and Hire Scheme in 2010.

Have a great fortnight!

**Ross Mackay**  
*Principal*

## DEPUTY NEWS

### Attendance

Regular attendance is compulsory for all students of compulsory school age. Irregular attendance is grounds for cancellation of enrolment for those students in post compulsory education. Student absence from school and/or lateness to school is a serious concern. All students have the responsibility to ensure they discuss with the teacher and catch up any work that may have been missed. Students must be encouraged to take ownership of their own learning and educational progress.

### Uniform

Uniforms are an important part of the Narangba Valley High School community. They are a symbol of students' belonging to that learning community. Students who see themselves as a member of a learning community can commit to the learning process. Uniforms are regularly checked by form teachers, curriculum teachers and deputies and discrepancies are noted. Students can expect to be challenged about their uniform if it is not up to standard. Consequences such as community service and detention apply to uniform breaches. Please be mindful as you update your child's uniform that shoes must be entirely black, including the laces and they must be made of a non porous material.

### Textbook Hire Forms

Recent subject selection packages included textbook hire forms. Parents are asked to return the Textbook Hire forms regardless of the method of payment chosen. All forms of returning students must be received by the administration ASAP. These forms ensure students are issued with textbooks in a timely fashion in 2010 to enable them to remain current with their curriculum class work and assessment.

**Mr Sean Bennett**  
**Mr Adam Colley**

**Ms Jennifer Skeahan**  
**Ms Cathy Pfingst**

## EVENTS

Tuesday 27 <sup>th</sup> October	<b>Celebration Showcase</b>
Friday 30 <sup>th</sup> October	Yr 11 Maths B excursion
Friday 30 <sup>th</sup> October	Free Dress Day
Monday 2 <sup>nd</sup> November	Senior Art Exhibition
Friday 6 <sup>th</sup> November	FTV 'eNVy' Film Awards
Mon 9 <sup>th</sup> – Mon 16 <sup>th</sup> Nov	YEAR 12 BLOCK EXAMS
Mon 16 <sup>th</sup> – Mon 23 <sup>rd</sup> Nov	YEAR 11 BLOCK EXAMS

## CANTEEN ROSTER

Monday	26/10	Cathy
Tuesday	27/10	Chris & Julie
Wednesday	28/10	Diane & Sue
Thursday	29/10	Carol, Gordan, Heather and Kharla
Friday	30/10	Liz
Monday	2/11	Gail
Tuesday	3/11	Chris and Julie
Wednesday	4/11	Diane & Sue
Thursday	5/11	Gordan, Carol, Kharla and Heather
Friday	6/11	Liz

## ATTENTION YEAR 12s

Email advice for students leaving Narangba Valley High School this year

At the end of Term 4, all the school email accounts will close, for all Year 12 students who successfully complete their studies and other students who are leaving the state school system. It is vital that students provide prospective employers and educational institutions with personal email addresses, not MIS addresses.

Also, students should not use their school email addresses to enrol in education or training using QTAC, TAFE and other online systems.

Educational institutions may need to email students important details about their enrolment. If these institutions send emails to students school accounts, these emails will bounce and students might miss out on confirming their enrolment into their chosen course of study.

Sean Bennett  
Deputy Principal

## KIDS IN THE JAPANESE KITCHEN 2

Want some healthy cooking for dinner?  
Japanese 8E know all about it!

All of the ingredients listed are available at the Asian section in most Coles or Woolworths shops.

### How To Make Sushi

Using medium grain or short grained rice ONLY, wash 3 times or until water runs clear from rice.

Steam in a pot or rice steamer.

While cooling (takes a couple of hours to completely cool) add Mirin or Japanese sushi vinegar. Enough to coat the rice. The amount of rice used will depend on how much you want to make. One cup of rice will usually make about 3-4 sushi rolls.

When cooled or room temperature, using wet hands, place a thin layer of rice on seaweed sheets.

Leave one side of the seaweed sheet without anything so that you can roll it up like an envelope.

Straight across the middle, make a line of filling. This may include raw, thin slices of salmon or tuna, seafood extender, avocado, cucumber, cooked egg strips, chicken etc. The trick to sushi is that you don't need a lot of filling.

If you do, it will roll awkwardly and the seaweed may rip. Roll the sushi up tightly with your hands and seal with a little water on the strip that you have left without any ingredients.

Chop off both ends with a sharp knife (and eat, as these usually aren't that great looking). Chop the rest of the sushi into bite sized portions and dip into soy sauce. Mix wasabi into the soy sauce for a hot hit!

Mrs. Wilson.  
Japanese Teacher.

## A MESSAGE FROM YOUR SCHOOL NURSE

Last term, several incidents were brought to the attention of school staff members, relating to student consumption of energy drinks. Some of the incidents were rather concerning, especially in relation to the effects on the health and well-being of the students involved. As a response to this, I have reissued a brief summary below of the health concerns linked to the consumption of energy drinks.

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. It is very easy for a teen to become dependent on the drinks, 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.

If you have any concerns around your own/your child's consumption, or, just would like more information, please seek support and information from your local health care professional, or, request an appointment with Helen, your school nurse.

## LITERACY & NUMERACY AT HOME

Education Queensland have a website to support Literacy and Numeracy at home! Our department have just launched the following site to assist parents to support the development of Literacy and Numeracy for children at home: <http://education.qld.gov.au/literacyandnumeracy>.

*"This website contains information that can help your child develop their literacy and numeracy skills. You will find hand fact sheets and activity sheets, video clips of parents and carers sharing their stories about literacy and numeracy in daily life and more."*

## Textiles, Craft & Fashion Workshops

Students with an interest in textiles, craft or fashion have been invited to bring along projects to work on. A keen group is forming, with some year 8 students curious to learn how to use sewing machines to Yr 10 students using the extra help to complete practical textile assessment. There has also been interest in fashion drawing and one student who has designed a dress from scratch at home and has brought in her garment for completion. We welcome the interest and enthusiasm of the students and congratulate them for their initiatives. The group meets each Thursday, second break in LT01.

Janet Park for the Home Economics Department

## KUNG FU PUNCTUATION “! ? . , ”

The Staff at NVSHS was treated to a special performance of Kung Fu punctuation at a recent Friday morning staff meeting by English teachers Mr Robin Peek, Miss Bernadette Bartlett and Mrs Megan Pozzi. While the teachers watched in amazement, Mr Peek (who played the teacher) instructed Mrs Pozzi (resembling a martial arts expert), who was demonstrating the physical movements (connected to each punctuation mark) to Miss Bartlett (dressed as a student).

Their demonstration to the staff was so effective and funny, that even the most serious stony-faced teacher was seen to crack a smile. This exercise proved to be a successful example of how punctuation can be taught to students using current *Dimensions of Learning* principles.

Some examples are as follows:

1. Full Stop – throw a short, right-handed punch at the air in front of you and make the noise, “Ha!”
2. Comma – with your right arm bent so that your hand is in front of your face, make a short twisting motions at the wrist to signify the comma shape and make the noise, “Shi!”
3. Semi-colon – do the full-stop then the comma shape directly underneath and make the noises, “Ha! Shi!”

In a proper bout of Punctuation Kung Fu, two combatants face each and the referee (student or teacher) says a particular punctuation such as “capital letter”. The opponents bow to each other while repeating the same phrase.

The referee then calls out three punctuation marks and the players have to put the moves and sounds for these together, in sequence, as quickly as they can. The winner is the one who puts together all three moves and their accompanying sounds correctly in the quickest time.

It was suggested that parents might try using particular Kung Fu actions and sounds for particular jobs around the home, and with a bit of training, their children will repeat the Kung Fu job action and sound.

By Anthony Sharrock (English Department)

## FROM THE SCIENCE FACULTY

Our students were awarded 11 Credits, 17 Distinctions, and 6 High Distinctions in the annual Royal Australian Chemical Institute’s Chemistry Quiz held in July. Congratulations to the following students for their success:

### YEAR 8 – CREDIT

Dana Burke  
Jordan Crocker  
Harrison Slater

### YEAR 8 – DISTINCTION

Liam Dacey  
Caitlin Doherty  
Michael Garris  
Bryce Jarnjevic  
Cameron Smith

### YEAR 8 - HIGH DISTINCTION

Taylah Gerloff  
Chris Mellor

### YEAR 9 – CREDIT

Carly Booth  
Charlotte Clark  
Daniela Mole  
Allie Smith

### YEAR 9 – DISTINCTION

Nicholas Dart  
Lachlan Roberts  
Chris Stevenson

### YEAR 9 – HIGH DISTINCTION

Tristian Delroy

### YEAR 10 – CREDIT

Ashleigh Fleischfresser

### YEAR 10 – DISTINCTION

Adetayo Adeniyi  
Christopher Cole  
Saskia Gilmour  
Justin Hamilton  
Rachel Matthews-Frederick

### YEAR 10 – HIGH DISTINCTION

Bryce Shadwell

### YEAR 11 – CREDIT

Alex Hay

### YEAR 11 – DISTINCTION

Kristiane Fox  
Lorenzo Maugueret  
Nathan Newton  
Karl Paewai

### YEAR 11 – HIGH DISTINCTION

Luke Mitchelson

### YEAR 12 – CREDIT

Jess Beahan  
Yohann Durga

### YEAR 12 – HIGH DISTINCTION

Alex Gilmour

Year 10 accelerated students and their parents this past week attended a wine and cheese evening to celebrate the winemaking achievements of our students. These Year 10 students made fruit wines as part of their Chemistry program in term 2 earlier this year, and parents came along to sample their wares. Students enjoyed learning how various fruits are turned into wines through managing the fermentation and sterilisation processes, and performing chemical testing along the way. Three wines were selected for entry in the Pine Rivers Show, and whilst they didn’t win any prizes their first attempt was commended, with *some* wines judged by staff and parents to be quite drinkable! We look forward to more wine-making challenges next Year and beyond.

## VIPERS SLAY SANDGATE

Narangba Valley year 9/10 Vipers certainly showed they will be a force in the coming years with a massive win over Sandgate in hot, blustery conditions. After a slow start the vipers gained control through the middle of the ground with Jackson Dunnell, Morgan Thompson, Ryan Manson and Jack Taylor winning contested possession and driving the ball forward. Wingmen Corren Ints and Lachlan Johnson proved they were the tough men of the day laying plenty of hard bumps, tackles and shepards. Tom Waibel, Klentsky Haembo and Syd Driffield all took strong marks leading forward to the ball with Jamie "Jimmy" Marland being the stand out, taking five contested marks within metres from the square. The onballers and forward line were certainly helped by the solid defence of Josh Irving, Miles Norton, Mitch King and Nathaniel Haembo. Well done to all the vipers who participated in the game, you certainly set the tone for next years Brisbane Lions Cup!! The win certainly gained community recognition with new appointed GC17 Coach, Guy McKenna, ringing Mr. McMahan and Mr. Turton post game to see how we went. Go Vipers!!

## MIDDLE SCHOOL NEWS

### PARENT INFORMATION EVENING

Parents are invited to attend the Parent Information Evening session on Thursday 5<sup>th</sup> November from 6.30pm to 8.00pm. Hosted by our School Nurse, Helen Cootes and Guidance Officer, Ali Dunbar, the topic of the presentation and discussion will focus around Cyber Safety. For this evening to go ahead we need at least 50 parents to RSVP by Thursday 29<sup>th</sup> October on 3385 4555 or [middle.school@narangbavalleyshs.eq.edu.au](mailto:middle.school@narangbavalleyshs.eq.edu.au). When you RSVP please leave your name and contact details.

### PUBLIC SPEAKING COMPETITION

Year 8 and 9 students are invited to participate in the Narangba Burpengary Cluster School's Public Speaking Competition. This annual event will be held on Tuesday 10<sup>th</sup> November and the topic for this year is "What does it mean to be Creative". If students are interested in participating they need to see Miss Senior for information.

*Liz Senior*  
Middle School HOD

## HANDS-ON CAREER EXPO

13 – 15 November 2009, RNA SHOWGROUNDS,  
BRISBANE

The Hands-On Careers Expo is a knowledge hot-spot for students, school leavers and people wanting to establish a career in trades.

Take part in free interactive demonstrations and seminars. Find the latest news on courses, apprenticeships, traineeships and workshops to forge a career path in the trades.

Skills and Trades on Show include:

Carpentry & Joinery	Refrigeration
Panel Beating	Building
Painting & Decorating	Upholstery
Tiling/Paving/Plastering	Woodworking Bricklaying
Electrician	Plumbing / Waterproofing
Spray Painting	Metalworking
Mechanic – Auto	Furniture Design
Turner & Fitter	

Visit [www.handsonexpo.com.au/brisbane](http://www.handsonexpo.com.au/brisbane) for more information.

# Narangba Valley SHS

# CELEBRATION SHOWCASE

It is at this time we  
celebrate the many  
achievements of our  
students and school  
community for  
2009.

*Date: Tuesday 27<sup>th</sup>  
October, 2009*

*Time: 7:00pm*

*Venue: P.A.L.A.C.E  
Narangba Valley SHS*