

# NAVIGATOR - 2007

TERM 4, OCTOBER 16 2007



## PRINCIPAL'S COMMENT

### *Acting Principal*

Welcome back to all students and we hope all of you have had a good break and are now reinvigorated for the Term ahead.

Firstly there are a few staffing changes we need to make you aware of, our Principal, Mr Mackay is on leave for the first two weeks of this Term. Whilst Mr Mackay is on leave, I (Sean Bennett) will be Acting Principal and Mr Rick Cass, will be Acting Deputy Principal, responsible for Yr 9 and 12 students.

### **Success in Action :**

Recently, two teams from our school participated in the Titration Competition held 12th May at the University of the Sunshine Coast.

The team of Michael Anstey, Alex Gilmour, and Chris Murphy are off to the national finals after winning the Sunshine Coast zone. The finals are to be held at UQ St Lucia this Saturday. Also congratulations to Isabel Barker who had a PERFECT result, in her titration, unfortunately, her team missed out on the finals.

Thanks go to Mrs Volling for all her time spent coaching and training the students and best wishes for the Finals.

### **Date Claimer:**

Don't forget that Celebration Showcase will be held on 30 October, in the PALACE. This is the evening in which we celebrate all the wonderful achievements of our students and announce all our award winners. This is a great evening and an absolute pleasure to see as it highlights the great achievements of our students and the efforts of the teachers who have helped these students in their courses of study.

### **Study Programs:**

It is timely to remind all parents to ensure that your children have an appropriate study regime

at home. It is critical to success for you to engage in discussions with your child regarding both homework and study requirements. It is also essential for all parents to ensure a routine is established whereby an effective amount of time is dedicated nightly for study and assignment requirements. This applies to all students from Year 8 to 12.

### **Mobile Phones:**

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, if students are found with a mobile on during class time, they may be asked to take the phone to the office for safekeeping and to remove the potential for distraction.

### **Uniforms:**

Students are reminded that they must be in full school uniform including black shoes and clearly visible plain white socks every day. Full Formal uniform is required on Mondays and for all formal occasions and excursions (excluding sports events). The wearing of the complete school uniform is a vital part of our school procedures, as it clearly identifies our students and stands them in good stead for the world beyond school. Students who deliberately fail to comply with uniform requirements, will have letter sent home, to inform you, the parent/caregiver and continued breaches will result in detentions, for offending students. Any student or family that has medical or financial issues around the uniform, are requested to call the school and discuss the matter with the appropriate year level Deputy.

Yours,

**Sean Bennett**  
**Acting Principal**

## DEPUTY NEWS

Welcome back to Term 4 – This is a very busy yet brief term for our Year 12's as they finalise their results. For our year 11's school work needs to become a high priority as much of their work becomes summative this term.

Block Exams – Commence for year 12 in week 5 and for year 11 in week 7.

We have had a number of seniors across years 10, 11 and 12 who have successfully acquired apprenticeships or traineeships – We wish all of these students the very best.

A reminder to all year 11 students who have not yet returned their resource hire form for 2008. This is the only document the school receives to ensure the continuation of your enrolment it therefore must be returned.

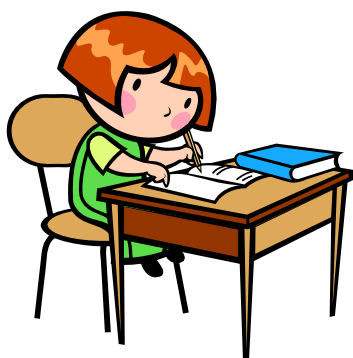
Sun Safety – Now that the weather is heating up it is important that students who are out in the sun either at lunch or for class remember their sun safety. Sunscreen is a sensible option and hats are a must if you intend to venture onto the oval.

Places in year 8 for 2008 are filling quite quickly – If you have any current year 7 students who are intending to enrol for 2008 please get their enrolment forms in as soon as possible to ensure there place.

Have a great Term.

*From*

**Adam Colley, Rae Ellis, Rick Cass and Cathy Pfingst.**



## MENTAL HEALTH WEEK 2007

### Make your mental health matter

Six steps to mental health

1. Think positively
2. Like yourself
3. Set yourself realistic goals
4. Be assertive
5. Talk about your problems
6. Balance work and play

Maintain balance in your life that you want to live by knowing what your priorities and goals are.

### TIPS FOR COPING WITH STRESS

#### *MAKE YOURSELF ... NUMBER ONE PRIORITY*

Feelings of stress and pressure lead to chaos. If you think you might be stressed then there is a good chance you are. Put everything on hold immediately. The world will not fall in around you. Without a healthy you, nothing can be achieved.

#### *TAKE TIME OUT*

In a crisis – walk away. Down tools and take some space. Return to the problem later when your mind is clear and emotions settled. A crisis is just for now – life will not always be traumatic.

#### *POWER – MEDITATE*

Some call it meditation, some relaxation. You do not need any special power, tools, skills or beliefs. Close your eyes, connect back into the centre of yourself and focus on your breathing. Allow your thoughts to come and go – return to your breathing and allow yourself to shut out the world.



## SEXUAL VIOLENCE AWARENESS MONTH

October is Sexual Violence Awareness Month (SVAM). Figures of BSAS reflect that 55% of women who present following a recent sexual assault are aged between 15 and 24. It is therefore timely to provide you with information about the **Queensland Health Statewide Sexual Assault Helpline 1800 010 120 which operates 16 hours every day from 7am to 11pm.**

This specialised, free and confidential telephone service for all Queensland women who have experienced sexual assault at any time in their lives provides crisis-counselling, access to emergency assistance, information, support and referral. The professionally trained staff also provide consultation and support to government and non-government service providers in responding to issues of sexual violence and its prevention.



## 2008 Brisbane Tertiary Student Accommodation

Raymont Lodge Residential College provides fully furnished accommodation for students undertaking tertiary study in Brisbane. The College is located 4km from the heart of Brisbane and in close proximity to the University of Queensland and the Queensland University of Technology. All public transport is within easy access to the College.

Raymont Lodge provides modern and comfortable single room accommodation for up to 120 students. All meals are provided as well as a number of other services that include: internet access, individual telephones, common room, and swimming pool.

Additional information is available on the net at [www.raymont.com.au](http://www.raymont.com.au) or by contacting 07 3377 9903 and requesting an information kit. Raymont Lodge is a ministry of the Uniting Church in Australia, Queensland Synod.

### IMPORTANT INFORMATION FROM THE OFFICE

#### MEDICATION & ILLNESS

- Parents are asked not to send sick students to school, as there is no provision for students to lie in sickbay for an hour or two until they feel better.
- **No** medication will be administered to students unless a doctor has prescribed it.
- **All** medication must be accompanied by an “**Administration of Medication Form**”, which can be obtained from Student Services or the office **and** a letter from the student’s doctor outlining the condition for which the medication is required, the dosage, and the expected time the medication will be required for.
- School staff will not administer over the counter medications including paracetamol, aspirin or medications for the management of menstrual cramps.
- Students who become unwell during the day are to report to *Student Services* to contact parents. Mobile phones are **not** to be used for this purpose.



#### STUDENTS WHO DRIVE TO SCHOOL

- Details of your vehicle, including registration number, are to be provided to the school

#### Along with

- A signed letter from parents/guardian advising that you will be driving to and from school and the names of any sibling/s who may travel with you.

#### **IMPORTANT**

- Students may not transport any other student unless written permission is received from the parents/guardian of both students.

#### EARLY DEPARTURE FROM SCHOOL

- The student presents a note from their parent/guardian, to **Student Services** on arrival at school.
- An **Early Departure Slip** is given to the student
- It is recommended that collection of students be at lunch breaks (**times given below**) or between classes to minimise disruption to the learning of others.
- Students are able to leave school and come back for appointments **ONLY** when accompanied by a parent or a parent representative (representative must be documented by staff and/or on emergency contact list). Students are unable to walk to their appointments alone and return to school alone eg they cannot walk to the primary school to the dental van and then return to school.
- Departure during class time is discouraged. Students will not be ‘paged’ over the PA system for collection. Parents please note: school staff is unavailable to pass on messages to students during the school day.



#### LEAVING SCHOOL AT 2.35pm

- The parking area at the front of the school adjacent to Harris Avenue is **a parking area only**. There is no provision for parents to drive through to pick up and set down students.
- To double park creates a hazard for students and prevents other motorists from exiting parking spaces contributing to the traffic congestion in this area.
- You must park to collect your student in the car parks provided. If the car park is full it is recommended that you delay your pick-up time slightly to allow some traffic to clear.
- Please, do not drive into the school grounds under any circumstances.



## STUDENT EXCHANGE AUSTRALIA

In February 2008, students, aged 15 – 18 years, from over 15 countries will be arriving in Australia to study at local schools for 5 – 10 months. Opportunities exist to act as a host family in a volunteer/unpaid capacity. Hosting can be a temporary, short or long-term basis.

Host families help provide our students with a chance to study and experience life in Australia. This is a great way to learn about another country and culture, establish a lifelong link to a family in another country and contribute to international goodwill. If your family can offer a friendly, supportive and caring home environment, contact us today.

To learn more about this opportunity call Student Exchange Australia on 1300 135 331 or visit our website [www.studentexchange.org.au](http://www.studentexchange.org.au).



## GRANDPARENTS RAISING GRANDCHILDREN

Grandparents who are raising their grandchildren may now be eligible for financial assistance with school camps and approved sporting and recreational activities in their community. Seniors Enquiry Line (funded by the Departments of Communities) currently operates the Time for Grandparents Program, and funding is available to grandparents who are the primary carers of their grandchildren and who are not receiving the fostering allowance or who are not approved relative/kinship carers through the Department of Child Safety.

Financial help for:

- School Camps
- Approved sport & recreational activities in your community.

Who is eligible for assistance? Grandparents who are the primary carers and who are:

- Not receiving the fostering allowance
- Not approved relative of kinship carers

For further information contact Seniors Enquiry Line on 1300 135 500.

## Volunteers Wanted

**Do you crave convivial company and fun?**

**Do you want to help a worthy cause?**

Learning Support needs parent volunteers for assistance with individuals and small groups of students.

We have a small number of year 8 students who are having difficulty in some practical classes such as cooking and sewing. In addition, all of our year 8 students are beginning their Literacy Program this semester. One or two parent helpers would be of great assistance in both these areas.

If there are any parents with a little time on their hands during the day, who would like to assist us, and who have a blue card or would like to apply for one, please contact Susan in the ILC on 3385 4566 or Judy in Rafter Staffroom on 3385 4574.

## UNIFORM SHOP

### START PLANNING FOR 2008

#### STATIONERY LISTS

Stationery lists for 2008 were distributed to students on Wednesday 10<sup>th</sup> October. If your child did not receive one, they are available from the office or the Uniform Shop.

These lists are for you to complete and return to the office or the uniform shop with payment by the 4<sup>th</sup> December. Payment can only be made by credit card, cheque or money order. **NO CASH IS ACCEPTED.**

Robyn  
Ph: 3385 4502

