FROM THE PRINCIPAL’S DESK:

Dear parents/caregivers and students,

Our recent Awards Night was a wonderful celebration of the talents of our students and it was great to see the hall packed with families, friends and members of staff coming together to acknowledge student achievement. The night showcased the successes of the students and the school, and was a fitting tribute to an outstanding group of students. Congratulations to all students who received recognition on the night.

Last Thursday evening, we farewelled our Year 12 students of 2011 at our Valedictory Ceremony. It is an exciting time to see these young adults complete their formal schooling and prepare for their lives after school. On behalf of the school community, I wish all our departing Year 12 students the very best for your future endeavours and thank you for your contribution to the school over the last 5 years.

On Friday, October 28 and Saturday, October 29, the school celebrated its 50th Anniversary. To see so many past students and teachers return to our school, renew old friendships and show such obvious pride in being past students and staff from Caboolture was amazing. It reinforced with me, the great name and prestige our school holds in the local and wider community.

Congratulations to our 2012 School Leaders; Cassidy Embrey and Aaron Young - School Captains and Emily Chaplin and Ben Little - School Vice Captains. I would also like to acknowledge and thank all students who nominated for positions. We are fortunate indeed, to have such a fine group of young people who will lead our student body in 2012.

The end of the school year is fast approaching. The last day for Year 10 and 11 students is Friday, November 25, and their reports will be posted on Monday, December 5. Year 8 and 9 reports will be posted on Friday, December 9. School resumes for 2012 on Monday, January 23 for Year 8 students only and on Tuesday, January 24 for students in all other year levels.

Our last Parents and Citizens meeting for the year is Wednesday, November 23 and I warmly invite all parents/carers of Year 8 students of 2012 to attend this meeting.

As this is the last newsletter for the year, may I take the opportunity to thank all families for their contribution to the school and a special thank you to the families that are ending their association with us this year. I wish you all the best for the future.

I’d like to extend my best wishes to all over the coming Christmas season. Have a happy and safe Christmas and New Year. I look forward to the return of students to the school next year.

Regards
Jim Box
Caboolture State High School’s 50th Anniversary

Caboolture State High School celebrated its 50th Anniversary at the present site in Lee Street, on 28th and 29th October. The week-end was an outstanding success.

The Meet & Greet was held on Friday night in the school hall, with 360 people in attendance. The Open Day on Saturday saw a crowd of around 2000 people visiting the school to see the changes that have occurred over the years. The train that took people around the school was very popular. The weekend’s events culminated in a dinner on Saturday night, with 300 people enjoying the evening.

“Caboolture State High School – 50 Years of Making the Difference” was written by former Deputy-Principal, Mr Brian Darben, and can be purchased from the school for $20. Other items of memorabilia are also available. Contact Jane on 5498 0150 for further information.

A huge “thank-you” goes to everyone who helped with the week-end and to all those past and present students, staff and parents who helped to make our celebrations so successful.

Dianna Mellino - (For the Committee)

Uniform & Stationery Shop
The last day of trading for the Uniform & Stationery Shop for 2011 will be Tuesday, 6th December, closing at 2.30pm. It will re-open on Monday, 16th January, 2012 at 8.30am.

Price changes as a 1st November, 2011 are:

<table>
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<tr>
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<td>Ties – Tie yourself</td>
<td>$17.00</td>
</tr>
<tr>
<td>Pre-tied on loop</td>
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I would like to wish everyone a Merry Christmas and Happy New Year. Have a safe holiday.

Marlene Staatz – Uniform Shop Convenor
QLD Government Secondary Supply Campaign

With Schoolies week and other end-of-year celebrations on the horizon, it is essential for the safety of our teenagers that adults understand the consequences of giving alcohol to minors. In Queensland, supplying alcohol to a minor for unsupervised consumption at a private place is an offence under the Liquor Act 1992.

On 8 November 2011, I launched the new Queensland Government community awareness campaign *Supplying alcohol to minors is no minor offence* to coincide with the lead up to Schoolies. The Queensland wide campaign is aimed at educating parents and adult friends and family of teenagers aged 14-17 about the risks and penalties of supplying alcohol to minors for unsupervised consumption. It conveys a clear message - adults shouldn’t give minors alcohol for unsupervised consumption. If they do, they could go to court and be fined up to $8000.

A key strategy of the campaign is to reach adults before they purchase alcohol for a minor and as such, the campaign is focused at point of sale outlets, including bottle shops and hotels where liquor products are sold over the counter. The campaign is also targeting accommodation venues in key Schoolies zones across the State.


PAUL LUCAS MP
Attorney-General, Minister for Local Government and Special Minister of State

Student Resource Scheme 2012

Recently you would have received statements in the mail, including the Participation Agreement form for 2012.

In regard to the statements; when the invoice number has an * after it, then it is indicating that this is activity (usually an excursion) that the student is invited to participate in. If the student does not participate in the event then it is not payable.

Please note that the invoiced amount of $180.00 (coded SRS with invoice date 1/11/11), for the Student Resource Scheme for 2012 has been included on this statement.

The Participation Agreement form is required to be completed and returned prior to any textbooks being made available to students to take home. Books will be issued to students in weeks 1 & 2 of the 2012 school year.

**NO BOOKS WILL BE ISSUED IF THIS FORM HAS NOT BEEN RETURNED.**

*If you have already returned the form, I thank you for your promptness.*

The P & C Association, in partnership with the school, has endorsed the continuation of the voluntary Student Resources Scheme in 2012.

The purpose of the scheme is to reduce the cost of textbooks and other learning materials for parents.

The scheme is offered as a service to students, and parents. In schools where the service is not offered, parents are required to pay the full costs of purchasing all learning materials.

While the scheme is fully endorsed by the P&C, the scheme is run by the school. The scheme does not provide any funds for the P&C and is voluntary to all parents.

Where cases of genuine hardship exist, parents are invited to contact the school so that special arrangements can be made. Please contact the Business Services Manager in the first instance.

I thank you for your assistance in this matter, *Brian Swile - Business Services Manager*
Senior Schooling News

What a busy time of year! Our Year 12s have coped admirably with the pressures of final weeks and the Valedictory Ceremony was certainly a celebration of the years of hard work and dedication by students, parents and teachers. They say there are three ingredients in a good life – learning, earning and yearning! As you leave Caboolture High may life’s path lead you in rewarding directions.

Some students are already achieving some excellent results. Congratulations to our School-based Trainee of the Year – Gemma Ainsworth who has successfully completed a Certificate II and III in Hospitality with Sizzler, Morayfield. Other Year 12 students who have completed their School-Based Traineeships include Owen Brown and Cameron Kingston – Certificate II in Transport and Logistics (Storage and Warehousing) with Reece Plumbing, Monica De Luna and Jake Stevens – Certificate II in Retail with McDonalds, Joel Morrisby – Certificate II in Civil Construction with Alzinos and David McMunn – Certificate III in Business Administration with Metro North Health Services. TAFE Courses through the Schools Program with BNIT have been successfully completed by Toni Johnston – Certificate III in Child Care and Morgan Smith, Cassandra Hallam and Monica De Luna have successfully completed the ‘Triple Treat’ Program which includes Certificates in Hospitality, Tourism and Events. Some other Year 12 students hope to further secure their career paths by being rolled over into full-time apprenticeships for 2012.

For some of our Year 11 students, the last week of their School term will involve Structured Workplace Learning (mandatory part of their particular courses of study in Construction, Hospitality and Workplace Practices). The successful completion of this is a compulsory requirement for entry into Year 12 in 2012. Special thanks must go to Mrs Kerr for all her hard work in placing all our students. It has not been an easy task with so many employers still facing the economic challenges this year, but to those who have agreed to take one of our students, we thank you for giving them the opportunity to really experience the world of work and gain employability skills.

Special recognition should go to some of our Year 11s who are already completing additional study. Jacyntha Duggan has passed the Project Management Unit via the Headstart Program with the University of Sunshine Coast and just last week, has graduated from the Applied Skills course with QUT. Well done Jacyntha. Congratulations for successful early completion of School-based Traineeships go to Joshua Alderman and Bianca Lea-Patterson for Certificate II in Community Recreation, Kassie-Lee Mitchell for Certificate III in Hospitality and Rebecca Ward for Certificate II in Retail. Excellent bonus points towards your QCE – well done to each of you.

For our Year 10s, the year is also drawing to a close. Subject selections for senior studies have been made. Quite a few of the students who applied for TAFE courses in 2012 are now receiving notification of offers. These must be accepted by the due dates stated in the enrolment packages sent to home addresses.

To our Year 12s, we wish you every success and happiness as you pursue your dreams and future aspirations.

Vivian Harrold - HOD Senior Schooling
It has been another busy year in Middle Schooling for 2011. It is wonderful to see our Year 8s and 9s blossom over the year into young adolescents.

Currimundi Camp. Early in the year, over 175 excited Year 8’s boarded the buses for Currimundi Camp. Goals for the camp included team building, respect and developing confidence. The weather was beautiful - crisp mornings followed by warm, sunny days and just a little rain to keep us cool. Students were able to experience a wide range of activities, many they had never tried before. Some of the highlights were fencing, the high ropes course, beach activities, the evening disco and the craft activities. The students showed respect to all staff, themselves, their peers and the environment. Staff were impressed with most students’ attitude and behaviour throughout the camp. I am sure that a lot of new friendships have been made, along with memories that will last a lifetime.

Year 9 NAPLAN testing preparation and practice began early this year. The National tests were held 10th-12th of May. Students participated in focused literacy and numeracy lessons targeting essential skills. Caboolture State High School was identified as being one of the most improved schools in the region, with a number of students making remarkable improvements and scoring very high results.

We have also been running a program in our Access time called Flexible Minds. This program guides students in problem solving, critical thinking and test taking strategies. There has been positive feedback from the students and they feel more confident in their ability to achieve. This program will continue next year as our Year 8 students progress to Year 9.

Teachers of Literacy and Numeracy have attended professional development to assist them in preparing meaningful literacy and numeracy programs individualised to each student. Students in Year 8 have undertaken NAPLAN style tests to gauge their current knowledge of the types of questions they will encounter next year. Teachers and students have then set individual learning goals in both literacy and numeracy. Achievement and learning increases when students develop the ability set goals and monitor their own progress. Teachers will then provide opportunities for feedback with students to review and alter their goals over the next 18 months.

Excellent All-Rounder Trip. On Friday, 12th of August, a group of excited students of Caboolture State High School made the bus trip down to Dreamworld. These students have been nominated as our Excellent All-rounders. This group of students have produced outstanding results in the areas of academic achievement, effort and behaviour, making them all-round high achievers. As part of our extension program for these students, they are invited on these trips to celebrate their success. This year, we had a pleasing number of Middle School students who performed well in all of these areas. Ms Day and Mr Maher accompanied the students, who had a wonderful day of rides, fun and friendship.

Year 8 and 9 Focus Groups. This Year we have continued with the boys’ and girls’ focus groups with the Chaplain and the School Nurse. These groups of students work with the leaders in a range of areas, focussing on self-esteem, anger management, healthy mind and body, and social skills. These groups have proven to be very successful, with many of the students asking to continue with the program.

QUT Visits. This year, our Middle School students have had the opportunity to visit QUT and get a taste of university life. Our high performing students were invited to Explore Days at Kelvin Grove and Gardens Point campuses, engaging in a range of activities across the faculties. This has given our academic students opportunities to explore the different faculties and the courses that they offer.

This year, all our Year 8 and 9 students went along to QUT Caboolture open days. These days were full of fun and learning as students participated in a variety of activities and heard information sessions from university students about university life.

We have had visits to our Primary schools to meet our new Year 8s for 2012. We are looking forward to another busy and successful year next year.
**To Think it’s Almost Over!**

What a year it has been! Unfortunately for the Grade 12 students, it is the end of 5 years of high school education, but not the end of unforgettable memories and inseparable friendships. The year has been short-lived, with each term passing as quickly as it arrived, however, this year held a special occasion for Caboolture State High School - the 50th Anniversary. This celebration saw many reunions for past teachers, students and staff, along with many reminiscent memories of friendships and fun times being shared.

Although school work and education is a strong virtue upheld in our school, there are other life values we gain throughout our schooling career. These include qualities such as trust, respect, loyalty, self-belief, self-worth and everlasting companionships. These are the values that we will remember for a lifetime.

For the graduating students of 2011, take in the feeling of accomplishing your years of learning, but more importantly, appreciate the time given to you to form the endless and truly precious memories from Caboolture High. For all the other students continuing within the school walls, make the most of now, because your time spent here will be brief but truly unforgettable.

*Tim Jensen and Krystal Frost – School Captains*

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**YEAR 12 NEWS**

Time has flown by very quickly this year and it is time to say goodbye to our Year 12 Cohort. Our time with the students has been challenging but very rewarding, especially when we get to see them shine, whether it be with their academic achievements or at their high school formal.

This year’s formal was a great occasion, where our year 12s partied the night away. It was held at the Sebel, King George Square, Brisbane and our students did us proud in both the way they looked and behaved. A huge thanks must go to Mr Royter and Sarah for their organisation; Meg and James for their speeches; Nikita for being Master of Ceremonies; and Jane in the office and Erin in the Teacher Aide room, who helped with the organisation of buses, tickets and the photographers. Mr Cochran and Mr Royter also need to be thanked for giving a very memorable speech about the antics of our students.

Term 4 has been a busy time. We have been fortunate to have had various speakers from the ambulance, police and fire brigade present information to the students. This group of dedicated people add another layer to the education of our students and hopefully they have taken on board the safety messages they have been given.

Both Mr Royter and I wish all Year 12 students and their families a wonderful future and a happy holiday season.

*Fiona Robertson – Year 12 Co-ordinator*
On Friday 28th October, students of Year 12 Ancient History travelled to Brisbane City to investigate a number of Asian religions associated with their unit on “The Religions of Ancient China and India”.

Very early in the morning, we visited the Chung Tian Temple at Priestdale. Students were given a tour of the Bodhisattva Hall and other areas of the Buddhist complex. We were shown how to meditate, perform a traditional tea ceremony, practise Chinese calligraphy, ring the bronze bell and were involved in an offering ceremony with fruit. Other highlights were a chance to see the newly built Pagoda and the museum with its models of the Entombed Warriors and the different representations of Buddha. Students commented that the visit to the Chung Tian Temple, set in its beautiful parks and gardens, was breathtaking.

Next we ventured to Chinatown in Fortitude Valley for a delicious Chinese banquet at the Asian House Restaurant.

In the afternoon, we visited the Gayatri Mandir at Boondall which is run by the Hindu Society of Brisbane. Students were treated to a talk by a Brahman priest who spoke on the features of Hinduism and special Hindu events which take place in the Brisbane community. Then we were treated to afternoon tea by the ladies of the Hindu Society.

After lunch, we travelled to Breakfast Creek to the Chinese Temple Society. Established in 1885, it is the oldest Chinese Temple in Queensland and, amazingly, it survived the 1974 floods. The Temple had elements of Confucianism, Daoism and Buddhism for the students to study.

I’d like to thank our Year 12 Ancient History students for their cooperation and behaviour on the day. They were very well presented in their formal uniforms and received praise for their dress and behaviour. A big thank you also must go to Dr Davies for his help and supervision on the day. The excursion was an extremely valuable way to examine religions that date back to Ancient India and China.

Ms C Harman - Year 12 Ancient History Teacher
For the sixth year, another batch of Geography students and a range of teachers have continued their World Vision sponsorship of Amaya Anely Andrade, a young Chilean girl from a poor community near Santiago.

Through the students’ and teachers’ donations, Amaya and her family will continue to have basic needs like nutritious food, health care, and education provided in 2012.

In total, the Year 12 students and teachers (see below), along with many other students (Amy Gian, Amber MacKay, David McMunn, and Emily Timms), and staff (Marlene Brand, Lina Bishop, Kathy Kerr, Dianne Lee and Karla Levings-Levitt), raised an extraordinary $1000. Special mention must be made of Jenny Chirnside’s generous contribution.

The extra money raised this year was in response to an unprecedented famine in East Africa that is still affecting over 12 million people across six countries. Our donation of $484 was matched by the government, meaning our total contribution was $968. Quite literally, student and staff donations have saved many lives.

Our aim is to continue this sponsorship indefinitely, so that each year, a new batch of Geography students will “Make a Difference” to a child who lives in poverty.

ancient history study tour of italy and greece in september, 2012

for more information, contact ms harman
caboolture state high school, on 5498 0111
What a busy year it has been: so busy in fact that I realise that I’ve been amiss in both welcomes and farewells.

On the ‘welcome’ front are a number of new Library Assistants that have come on board in 2011 and late 2010:
- Year 9s: Joanna Adam, Tanika Cooke, Dana Pocock, Isabella Sparks, and Andrew Walpole
- Year 8s: Jetta Ferguson-Male, Abigail James, Shannai Johnston, Jamie Kostaschuk, Shazura Lawrence, and Cassidy Weight

Sadly with ‘welcomes’ there are also ‘farewells’ and this year, the number of Year 12s leaving is unprecedented. Some of these students have been with “The Team” for five years and I can’t begin to thank them enough for all they have done for the library and more personally for their friendship and the fun that we’ve had.
- Shannon Bradley, Eleanor Bull, Pawani Diyaguarachchi, Amanda Finney (Senior Library Leader), Amy Hoult, Nikita Kostaschuk, Tiana McLaren, Stephanie McGrath, Amber Miller, Rohan Smith, Emily Timms, and Tabbitha Woodbury.

The Library also bids farewell to Mrs Stephenson, who has made an invaluable contribution over the two years she has been with us, particularly in the ICT area. Of the many things we can thank her for, our new Online Library and Kindles are perhaps the most exciting. They will be appearing next year. We wish Mrs Stephenson the best with the new roles she will be involved in.

Book-wise, the ‘mature readers’ titles below were shortlisted for the Children’s Book of the Year Awards. More information can be found at [http://cbca.org.au/Shortlist_2011.htm](http://cbca.org.au/Shortlist_2011.htm) and, of course, all of these are available for borrowing from the library.

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<th>Author</th>
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<td>Horniman, Joanne</td>
<td>About a Girl</td>
<td>MacLeod, Doug</td>
<td>The Life of a Teenage Body-Snatcher</td>
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<tr>
<td>Marchetta, Melina</td>
<td>The Piper’s Son</td>
<td>Wood, Fiona</td>
<td>Six Impossible Things</td>
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In keeping with the Book of the Year theme, this term, Year 8 students choose their Book of the Year for our R.A.W. (Read Around the World) program and will also put together their final presentations. The best students in each class, and in Year 8 as a whole, will be vying for prizes ranging from $15 to $50 and maybe even $100, depending on the quality of student work. Over the next month or so, our judges will be looking at the following criteria; Presentation of the student’s RAW folder; Organisation of the folder; Quality of work within the folder; Number of books read from a variety of categories; Quality of Book of the Year Presentation. Many encouragement awards will also be given out.

Finally, a couple of ‘best wishes’:
- Firstly, to all Year 11 students, we hope your exams go well and remember that if you want to study, the library is always available to you.
- Lastly, to Year 12 students who now leave the safe walls of Caboolture behind, we wish you all the very best in the future.

Until next year, have a great Christmas break, Mr Boxall and Mrs Brand
**Year 10 History - Anzac Square Excursion**

On 2nd September, Year 10 students of History had their annual excursion to Brisbane City to investigate Brisbane during World War Two and to lay Wreaths for Remembrance Day.

In the morning, students visited the MacArthur Museum, which is a museum dedicated to Wartime Brisbane and the involvement of General Douglas MacArthur in the Pacific during World War Two. There they had a great time with hand-on activities from gas detection to Morse code work to playing two-up.

Lunch was taken in David Jones Plaza and then it was on to ANZAC Square, which has memorials to our soldiers from the Boer War to Vietnam and includes dedications to not just the men, but the women involved in the war effort also. Students were involved in a Remembrance Service around the eternal flame at the Shrine, and four students – Jesse Lee, Imogen Lee, Lane Morrison and Amy Williams - had the honour of placing wreaths at the Shrine of Remembrance on behalf of all the students.

Students had a wonderful day and they were so proud of how they looked in their formal uniforms. They were highly praised for their dress, behaviour and co-operation at all the places visited. Thanks must go the Brisbane City Council for allowing us into the Shrine and to the MacArthur Museum staff for guiding us through the activities. Many thanks to Mrs. Creffield, Year 10 History Teacher, for her help on the excursion.

**Ms. C. Harman – Year 10 History Co-ordinator**

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**2012 School Bus Passes**

**Kangaroo Bus Lines** would like to advise that students who currently have a bus pass will need to collect a new 2012 bus pass to be able to travel on school bus services. Passes can only be collected from their office at 382 Morayfield Rd, Morayfield from Tuesday January 3rd, 2012. Bus Passes will NOT be up for collection from your Bus Driver. Should you require any further information, please contact Kangaroo Bus Lines' school transport division.
At the Farm! WPSA Win Goes National!

Year 10 Animal Husbandry students, who have carried out the World Poultry Science Association 3 month trial, won against 29 schools from Queensland and NSW. The students carried out the three month trial, where eggs were collected from point of lay hens over a period of 5 weeks. Over this time, the eggs were stored in different ways and then checked for suitability for eating. The eggs had been stored at either fridge temperatures or shelf temperatures. The eggs were stored for a period of 0, 1, 2, 3, 4 or 5 weeks and then cracked open to assess their freshness.

After doing background research, students then wrote up their report and submitted this to research persons from DEEDI. The students then prepared a visual display of their work in the form of a painted board, which was presented in October. Our students, gaining near perfect marks for their presentation, won the day and have now been offered to enter the NATIONAL COMPETITION. This has recently been sent off and we are not likely to know the outcome until next year. The students have also been invited to the PIX Conference in May next year, to present their work as a display.

Congratulations to Alycia Wyllie, Maddy Best, Bethany Adam, Amy Williams and Caitlyn Duignan, who did much of the preparation and writing of the winning report and poster. Thanks go to Miss Somerville for supporting the students throughout this investigation and presentation.

Original Ag Teacher Meets with Current Ag Teachers at 50th Celebration

The first Agricultural Science Teacher, at Caboolture State High School, John Fletcher, came to the farm and met with some of today’s students and teachers; Mrs Pedwell and Mr Doyle and Agricultural Assistant Mr Cutter. In those days and right up into the early 90’s, teachers had to do all the work at the farm before and after school, as well as looking after animals and plants on weekends and in their holidays. Times have changed, where we now have Mr Cutter to assist in many of the farm tasks that need to happen and keep the farm projects going so that the students can have access to a wide curriculum.

The original farm was across the road at Q-Build until the early 90’s. When Mrs Pedwell started teaching Agriculture at the school in 1987, there were two dairy cows in the paddock, a few fruit trees, a plant nursery and chook sheds. Now the school boasts a Braford stud, pastures to feed the animals, cropping such as pumpkins and corn, a macadamia orchard, plant nursery, horses and alpacas, as well as beehives. Mr Fletcher was very impressed with the conduct of the current students and the wonderful setup the school now has at the farm. Thanks to all the students who participated on the day. Your help was greatly appreciated.

Kaye Pedwell - HOD Agriculture & Senior Schooling
It has been a very busy year for the Social Science & Business faculty. We now have over 20 staff members, making it a vibrant and creative group of teachers.

In Term 4, the Year 9 and 10 Business students took advantage of a ‘Red Day’ and carried out a number of successful Business Ventures in the School Hall. The Year 12 Workplace Practices students finished recently their 80 hours of work placement. Many students have found their work experience not only rewarding but it also helps to forge future careers. Thank you to all the employers in Caboolture and further afield who accept students into their workplaces.

In October, the Year 12 Ancient History students visited the magnificent Chung Tian Buddhist Temple, had lunch in Chinatown, and then viewed the Hindu Temple and Confucian Temple. This was a great way to complete their studies on Ancient Asian religions.

I recommend you purchase the School Annual Magazine to read more about the great excursions this year in the Social Science / Business Faculty.

I would like to thank all the faculty staff for their commitment, skill and sheer hard work during 2011. On their behalf I also wish to congratulate all prize winners in the Caboolture Show, Australian Computer Skills Competition achievers, QHTA Essay Competition entrants, and our faculty award-night prize winners. Good luck to all students with your exams. Remember, you make your own luck. Luck comes through good study practices, exam preparation and being focussed on your learning.

I must also commend Year 12 students for their high standard of work practices and enthusiasm in Social Science and Business subjects as they embark upon their new lives after secondary school. Good luck from all the teachers of the Social Science / Business faculty.

Dr Glenn Davies – HOD Social Science & Business

ICE CREAM CONTAINERS NEEDED!
The Caboolture State High School Health Room is in need of clean Ice-Cream containers. If you have any spare, please give them to your student to pass on to the Health Room. Thank you.
Well, what another great year. All the students have been kept busy with in and out of school activities. A quick run down of the year consisted of:

- Involvement by Senior students at primary school NAIDOC Week Celebration Parades
- Year 11 students undertaking Pass Traineeships
- 6 students completing High Expectations/High Outcomes Leadership Program (Stronger, Smarter Institute)
- Careers Day at Suncorp Stadium
- ‘Nungeena’ Women’s Day visit in October

**Breakfast Club** moved back into the old student room of FS1 in F Block. This room is for students to work on any school activities with my assistance if needed. Breakfast Club is open from 8am-9am, Monday and Tuesday each week for the students to work towards/complete assessments or homework during breakfast. The room is also used if students need extra support with their exams.

In 2011, the **FOGS (Former Origins Great) Mentor program** has been helping Indigenous students with setting academic and personal goals and using positive role-modelling to affect attendance. The program has been well received and supported by teachers and students.

Here are a few ARTIE initiatives that have taken place at CSHS this year:

**ARTIE Shout Outs** occurred two to three times a term and were a great way to celebrate student success. ARTIE mentors, students and teachers were able to nominate any student for a ‘Shout Out’. Shout Out certificates were awarded to students in recognition of achievements, such as handing in assignments, participating in class activities or just helping out a friend.

The **‘Paint your Pledge’** program was aimed at a small number of students and was run by Bronco Josh Hoffman. Josh sat down and talked with each student and together they came up with a list of academic, behaviour or attendance goals the students wanted to achieve.

Each student was then given a blank canvas to paint, including the goals they wanted to achieve, to form a strong and symbolic statement of their intent to achieve these goals.

**Pricey’s Pathways.** The FOG (Former Origin Great), Steve Price, worked one-on-one with Year 10 students with the aim of students continuing into Year 11, or placing them into traineeship/apprenticeships.

Steve set goals based on improving academic, attendance and behaviour, and also made monthly visits to check how the students were going and provide encouragement.

**Mentoring.** ARTIE mentors, Jamie-Lee Lewis and Arthur Brown, visited Caboolture SHS every Tuesday to mentor students. Jamie-Lee and Arthur were great role models, both excelling in their chosen sports - Jamie is a Qld Water polo representative and Arthur is a Brisbane Broncos U20s player.

Arthur and Jamie worked with 8-10 students each, focusing on improving school attendance and changing attitudes towards school. The mentors provided encouragement for students to come to school and work hard.
Tutoring. Eight 2nd Year University of Queensland students worked, for 2 periods/week on a Friday for most of Semester 2, with Indigenous students in class to support their literacy and numeracy.

Another great initiative this year was the Indigenous Fun Day in September, which exposed students to a variety of cultural activities such as Fire making, Ochre painting, Emu feather hair decorations, and boomerang/spear throwing with a woomera. There were also didgeridoo demonstrations and face painting, as well as talks from the Health Department, Centrelink, and Tiga Bayles from Radio 98.9FM.

Thanks to Mrs Carter, for her tireless and passionate efforts as the Indigenous Co-ordinator, and to Mrs Williams, as the Indigenous Community Advisor.

Dr Glenn Davies – Head of Department – Social Science & Business

Screen IT Success Again!

For the third year in a row, we’ve had student work selected for the finals of ‘Screen IT’, a competition run by the Australian Centre for the Moving Image in Melbourne.

Year 9 students, Maddison Bathurst and Ian Hall, created games using Game Maker on this year’s theme of Respect. ‘Old Man’s Adventures’ and ‘Animal Warriors’ are now in the mix with other games created by students from around Australia, with the winner to be announced at the Awards Ceremony on December 2nd. Good luck, Maddison and Ian!

Caboolture High’s new ICT initiative is up and running. ‘eSenior’ will begin next year, with more than 70 Year 11 students keen to replace their (sometimes hefty) textbooks with a laptop and take on the challenge of learning in a digital environment. Ideas were pooled for the ‘skin’, which will identify their machines. The final product was put together by Kristen Roberts. Thanks Kristen and all the best to all involved. Hope eSenior helps ‘make a difference’.

Carolyn Bradley - HOD ICT Services

Absenentee Text Message Procedures

As many parents/guardians are aware, if the school is not notified of your child’s absence, a text message is sent to the first parent/guardian on our database requesting an explanation for this. When you are replying by text, please remember to state the student’s name and each date absent. If dates are not stated and there is more than one recent absence, it is difficult to know which absence is being explained.
School Nurse

What is Stress? Stress is a response to an event or situation which can be either positive or negative. It is quite common and can occur as a result of relationships, work, or study commitments. It is a way for us to know that something in our life is causing us concern and is affecting how we are thinking and feeling. Managing stress is about making a plan to be able to cope effectively with daily pressures. The ultimate goal is to strike a balance between life, work, relationships, relaxation and fun. By doing this, you are more resilient to deal with daily stressors and meet these challenges head on.

How Can You Manage Stress?

- Know your stress triggers - This may be something internal (e.g. thoughts, feelings, memories of past events, or worrying about future events) or external (e.g. relationship conflict, new job or moving house). Recognise the signs your body gives you when you're feeling stressed. This may include headaches, fatigue, muscle aches, chest pain/palpitations, stomach upset, dizziness, skin irritation, and/or hypersensitivity.
- Manage time well - Keep a diary with things to do for the week. Be assertive and learn to say "no".
- Set small, manageable, and achievable goals - Take your future a week at a time, or even a day at a time. Decide on a few clear objectives for the short-term and work at achieving these.
- Solve problems that can be solved and accept things you can't change - Some events are unavoidable, (e.g. death of a loved one, a serious illness, or a national recession). In such cases we can only manage the stress. Therefore, use the techniques suggested to help cope with the stress. However, some problems that are causing us stress are solvable, (e.g. relationship conflict, and work related issues). In such cases, we should look for possible solutions and solve the problem by facing it head on to relieve the stress.
- Reframe problems and try to view stressful situations from a more positive perspective- For example, rather than becoming frustrated about being stuck in a traffic jam see it as an opportunity to sing, at the top of your lungs, your favourite tunes (this is a good opportunity to have some time to yourself and relax).
- Do things you enjoy - Making time to do activities that bring you pleasure and relaxation (e.g. listening to music, gardening, reading, exercising and going out with your friends).
- Keep a healthy lifestyle - (i.e. regularly exercise, eat healthy, sleep regularly and drink plenty of water). Physical exercise such as walking, swimming, dancing, playing golf, or going to the gym can help relieve the tension in your muscles and relax your mind. Eating well helps nourish our bodies to better able us to cope with stress. Sleeping regularly fuels your mind, as well as your body. Feeling tired will increase your stress, because it may cause you to think irrationally. Drink lots of water.
- Reduce stimulants- Reduce your intake of caffeine, nicotine, alcohol and other drugs, which actually contribute to the physical stress response in your body.
- Make time to relax - Include rest and relaxation in your daily schedule. Don't allow other obligations to encroach. This is your time to take a break and recharge your batteries.
- Seek help - Talking to a friend, doctor, counsellor, psychologist, or someone else you trust, can help relieve your stress. Asking for help and support at home, at work or in your other activities can also reduce stress.

Stress can take over our lives and induce anxiety at any time, whether we are young people at school or adults, therefore the sooner we know how control our stress the healthier we will be. If you are concerned about yourself and your stress levels or somebody you know, then take a look at the following sources:

- Beyond Blue Reducing Stress fact sheet [www.beyondblue.org.au](http://www.beyondblue.org.au)
- Smith, M., Jaffe-Gill, E.and Segal, R.http://www.helpguide.org/mental/stress_management_relief_coping.htm

Marie Pritchard - School Based Youth Health Nurse