Dear parents/caregivers,

Welcome back for Term 4. I am sure that all students have had a good break and are now ready for the busy term ahead. Our Year 12 students have only 4 more weeks of school to go before they walk out the gates for the last time as students, and I wish them all the best in their final pieces of assessment.

Term 4 is also the time of year where we celebrate the successes that our students have achieved this year. We begin this tonight when we hold our Sports Awards Night. Well done to all who receive awards and participated in our sporting programs this year and special congratulations to our major award winners.

We continue the celebration of student success at our Awards Night on Tuesday, October 30, where we will recognise the outstanding academic and citizenship achievements of our students. I invite you to join with staff and celebrate the successes of our many exceptional students. The evening starts at 7.00pm in the hall.

We farewell our Year 12 students at the Valedictory Ceremony on Thursday, November 15. This is an invitation only event, eagerly anticipated by students and families alike. Students are required to wear their formal uniform for the Valedictory, including the correct shoes. Students who do not attend the Valedictory will be required at school on Friday, November 16 to complete QSA attendance requirements for certification. I look forward to seeing all Year 12 students and their parents/carers at the Valedictory ceremony.

Year 12 end of year exams will commence on Thursday, November 8 and Year 11 exams on Monday, November 26. Parents are reminded that these students are only required to attend school for their scheduled exams and they must be in full school uniform, including correct footwear.

Late last term our Year 9 students received their NAPLAN results. The results were very good overall, with the school’s results improving again this year. Congratulations to all Year 9 students and their teachers who have worked very hard to achieve these excellent results. It is pleasing to see individual student and the school’s results improving each year.

At our next Parents’ and Citizens’ Association meeting on this Wednesday, October 24, there will be a discussion of the school’s chaplaincy program and the NSCSCWP funding which supports the program. Please join us for this discussion at this meeting.

Finally, I cannot emphasise enough the importance of students attending school and working right through to the end of the term. Many students switch off early in Term 4 and this has very negative effects for their school performances. For our Year 12 students, this is especially important, as continuing to work hard right to the end of the year is critical for a successful transition into work or further study.

As you would all be aware from extensive media coverage, the school suffered a savage blow last Saturday with the death of our two alpacas, Harrison and Harley. The CCTV footage, released last Wednesday by the Qld Police, shows a cruel attack on them by two males. It is impossible to understand how any human being could carry out such a shameless act on two beautiful and defenceless animals.

The school community is shocked and sickened by what occurred. The alpacas have been with the school for eleven years after being introduced when they were just six months old. The students who looked after Harrison and Harley, and the agricultural staff in particular, have been very affected by the incident.

There have been numerous messages detailing how Harrison and Harley will be sadly missed by passers-by who used to watch them in the paddocks. The following comment from a member of the public sums up the sentiments of many of you, “I just wanted to say that I miss them too as I see them every lunchtime when I go for my walk”.

This from a student at Caboolture East SS, “Our hearts break to hear the news of your alpacas. We drive past every day to see your beautiful animals ………. They will always be remembered. We share your sorrow.”

We would like to thank the wider Caboolture community for their support at this very sad time.

Finally, I urge anyone who believes they have some information which may lead to the identification of those responsible for this crime to pass it on to Crime Stoppers or the Caboolture Police.

Peter Willmott
A/Principal

SCHOOL CAPTAINS’ REPORT

It’s now Term 4; this means only a few weeks to go before the end of the year. For Year 12 students, there are less than twenty days, or eighty periods left before our high school days are over. No more school uniforms, bells, exams and tuckshop. The world awaits us.

This term is a time of celebration for the school. We are all busy with the many events of the term. Whether it’s Dance night, Music/Art night, Sports Awards night or Academic Awards night, we will
celebrate the talents and achievements of the students of the school. Finally, we will have the Year 12 Valedictory, celebrating the end of our schooling.

As this will be our last newsletter as School Captains, we wish all students all the best for the future and congratulate you all on your talents and achievements throughout 2012. Let’s all finish the year on a positive and enjoy this very special time.

Aaron Young and Cassidy Embrey
School Captains

MIDDLE SCHOOL NEWS

Wow! How time flies. I can’t believe it is Term 4 already. I hope our Middle School students are taking advantage of the last opportunities, academic and otherwise, available to them at their current year level.

Term 4 is a busy term for our Middle School students. The following are a few things that are coming up over the next 10 weeks.

Term 3 report cards have been distributed and therefore A-Level letters will be on the way in the post shortly. To achieve A-Level, students must receive all A and/or B in Effort and Behaviour on their report card. Our final A-level excursion will be occurring a little later in the term on Friday 7 December, to Wet’n’Wild on the Gold Coast. Congratulations to those students who will be eligible to attend this trip.

Our Year 8 students have been participating in a literacy and numeracy program during access this semester and this program will continue to run into Term 4. Year 8 students will also be involved in a couple of different forms of testing to help the school determine where the cohort currently sits with literacy and numeracy and identify areas of improvement ready for the new year.

I encourage all students to continue trying their best right up until the last day of Term 4, bringing the right equipment, wearing the correct uniform, handing in assessment and studying hard for their final end of year exams.

Sarah Brady
A/HOD Middle Schooling

YEAR 12 REPORT

Can Year 12s only have a mere five weeks left of secondary schooling? Yes – it’s true and there is a lot happening in that brief time. Certainly their studies must continue and be a focus as final assessments are not too far away but there is also the School Formal, the Schoolies information session, Awards Night, Sports Night, Music & Art Night, Exam Block and of course the Valedictory on Thursday 15 November.

By this time, parents and students should have received detailed information about the School Formal and the arrangements in place. However, just a reminder, it will be held on Friday 26 October at the Mercure Hotel, George Street, Brisbane, beginning at 6.30pm for pre-dinner snacks and a 7.00pm official start. Students are scheduled to return to the school at approximately 12.30pm. We remind parents and carers to please be there well beforehand to make sure students are safety collected. A photographer will be at the school for pre-formal photos if you wish to avail yourself of a family photograph before students make their way into Brisbane.

It has been a very hectic and challenging year as sole Year 12 Co-ordinator in 2012, but I have thoroughly enjoyed working with the Year 12 students and I would like to take this opportunity to say thank you to the many great students who have helped during the year serving on Committees, assisting with planning and being involved with organising events. Thank you to our School Captains and House Leaders, who have done a great job, contributed to the school community and represented our school in numerous forums and events. Thank you to the many students who were just nice enough to say most days, “Hello Mr Keehn – how’s it going?” Lastly, my sincere best wishes to all Year 12 students as they take the daunting step outside of school life and meet the many challenges ahead of them in the next phase of their lives. Please remember with fondness, the good times you had at Caboolture State High School and we hope you will stay in touch with us throughout the years ahead.

I look forward to seeing you all at the Formal, Awards Night and Valedictory.

Mr Keehn
Year 12 Co-ordinator

YEAR 11 REPORT

Our Year 11 students are busy completing subjects and activities for 2012 and preparing for 2013.

Students are currently in the process of applying for School Captaincy for 2013. This process includes written applications, interviews and speeches before the final vote. The 2013 school captains will be announced at the 2012 Valedictory.

The 2013 Year 12 leadership camp will occur in Week 1 of the 2013 school year, from Wednesday, 30 January to Friday, 1 February. All payments for the camp and forms will need to be submitted before the year’s block exams.

Mr Young
Year 11 Co-ordinator

YEAR 8 NEWS

Last term was a very busy one for the Year 8 cohort! Most recently during Access, our students had the opportunity to view yet another fantastic performance delivered by the Shake and Stir Theatre Co. ‘Say It To My Facebook’ focussed on cyber-safety and was well-received by all. Our Year 8s also participated in the Flexible Minds program.

As Term 3 drew to a close, our students worked busily and diligently to complete assignments and prepare thoroughly for exams. “The proof is in the pudding” is an age-old adage that rang true for so many of our Year 8s who demonstrated positive behaviour, achieved excellent learning outcomes and gained outstanding reporting results for Term 3!

Indeed, congratulations must also go to our second round of worthy Emerald Award recipients:

<table>
<thead>
<tr>
<th>Name</th>
<th>Emerald Award Recipients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nathan Francis</td>
<td>Chantelle Hardie-Cherrington</td>
</tr>
<tr>
<td></td>
<td>Angela McCasker</td>
</tr>
<tr>
<td>Kate Brown</td>
<td>Zoe Grealy</td>
</tr>
<tr>
<td></td>
<td>Luke McLeod</td>
</tr>
<tr>
<td>Lucy Paulus</td>
<td>Bianca Wicks</td>
</tr>
<tr>
<td></td>
<td>Brittany Hodgson</td>
</tr>
<tr>
<td>Tahlia Andrew</td>
<td>Juliette Watson</td>
</tr>
<tr>
<td></td>
<td>Lachlan Atta-Singh</td>
</tr>
<tr>
<td>Grace-Anne Waterford</td>
<td>Dylan Turpin</td>
</tr>
<tr>
<td></td>
<td>Jake Graham</td>
</tr>
<tr>
<td>Katie Offer</td>
<td>Courtney Black</td>
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<tr>
<td></td>
<td>Beau Kobelt</td>
</tr>
<tr>
<td>Brooke Springall</td>
<td>Malina Iva</td>
</tr>
<tr>
<td></td>
<td>Jazmin Edwards</td>
</tr>
<tr>
<td>Emily Dougan</td>
<td>Rebecca Smith</td>
</tr>
</tbody>
</table>
It’s wonderful to see so many of our students demonstrating a positive attitude and work ethic!

As well as our successful weekly Emerald Awards, we have begun celebrating student success every day with our new merit sticker rewards program. Teachers issue deserving students with a merit sticker which they can collect in their diaries to work towards a range of rewards as follows:

<table>
<thead>
<tr>
<th>5 merit stickers = Reward Box Lucky Dip</th>
<th>15 merit stickers = Surprise voucher</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 merit stickers = Tuckshop Treat</td>
<td>20 merit stickers = Movie ticket</td>
</tr>
</tbody>
</table>

Students are to visit me in K block (with their diaries), to redeem their merit stickers and collect their rewards, as did our very first round of reward recipients: Caitlyn Reid, Gordon Neden and Cooper Gillespie. Well done, students!

I must make special mention of Matthew Bautista in this article. Matthew participated in the Australian Spelling competition online from September 4 to 6. He got second place on secondary division in Queensland and 3rd place in all divisions, (primary and secondary), in Queensland. Congratulations go to Matthew for this excellent result!

I would like to encourage all of our Year 8 students to maintain the amazing work ethic they have demonstrated so far this year, in our final school term.

Dee Stephenson
Year 8 Co-ordinator

CHAPLAINCY NEWS

Hello again everybody. It is time yet again for another chappy update. This term has seen lots and lots of things happening. It has been great to see some new faces in the chappy room at lunch times, along with all the regulars. There are some great times and conversations being had all the time.

Last term, we were able to run a program, called ‘Getting Along and Staying Cool’, with a group of Year 8 and 9 girls, providing a new aspect to things I’ve personally done. As always, the big focus and highlight of Term 3 was SPLASHOUT. I went away with 15 students from CSHS, along with 40 other high school students from the area to the lovely Coolum beach area for the first week of the holidays. There was beach, food, music and enough excitement to keep everyone bouncing around for the full 5 days. One of the highlights for me, was seeing a couple of our students come flying off one of the tubes when out tubing for the day. I swear they bounced a couple of times across the surface of the water before going under, but they came up smiling and wanting another turn so I think they will be ok.

I’m looking forward to a whole bunch of new things that are happening in Term 4 with chaplaincy here, and look forward to hearing what you all think about it.

Mark Bellamy
Chaplain

Breakfast Club on Tuesday mornings.

CABOOLTURE TOUCH FOOTY
WINNING CULTURE CONTINUES…

On Friday 21 September, the Caboolture State High School Open mixed Touch team competed in the Bribie Invitational Carnival on Bribie Island. The team performed exceptionally well on the day, remaining undefeated and eventually winning the Grand Final 4-3 in a drop off against host school Bribie Island. ‘Best and Fairest’ player for the carnival was Lachlin Holloway.

The Open mixed Touch team continued to surprise with their dominant performance at the recent All Schools Touch Tournament. The team performed exceptionally well, beating some much fancied rivals and, after 6 pool games, were undefeated, scoring 43 tries and conceding only 9. They then went on to win their first final and qualified for the quarter finals, but, unluckily, were beaten 4-3 on the hooter. That places our team equal 5th out of 56 teams which is a fantastic result. The performance of this team is extra special, given they were competing in the Open Division (17/18 year olds) and our team consists of 3 Year 12’s, 2 Year 11’s, 7 Year 10’s and 1 Year 9 student. The future looks bright for Touch footy at Caboolture High.

Mr Dave Maher
HPE Teacher and Sport Co-ordinator

INSTRUMENTAL MUSIC NEWS

CONGRATULATIONS to Rachelle Young (Yr 10; Trombone), Callum Young (Yr 8; Tuba) and Kurt Haggard (Yr 9; French horn) who were nominated and successful in securing a position in the Griffith University State Honours Ensemble Program (SHEP) that ran during the September school holidays.

This well-respected program brings together the finest young musicians, under the tutelage of a team of eminent international and national conductors, in a world-class environment. Its pursuit of excellence defines it as the highest quality performance avenue available to young ensemble-based instrumentalists outside of the Queensland Conservatorium and the Young Conservatorium. This was a huge honour for Rachelle, Callum and Kurt, as students were
nominated from all around Queensland for very few positions that are available.

The workshop concluded with a Grand Finale concert on the final day, which I was lucky enough to attend. They performed exceptionally well and did our school proud. Well done students!

Mrs Corinne Eite
Instrumental Music Teacher

2012 QUT ‘STUDENT WITH POTENTIAL’ AWARD PROGRAM

Congratulations to the following students from Years 10, 11 and 12, for receiving a special ‘Student with Potential’ award from QUT recently:

<table>
<thead>
<tr>
<th>Year 10</th>
<th>Year 11</th>
<th>Year 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Isaac Alves</td>
<td>Regina Aiiloilo</td>
<td>Venus Carter-Mangan</td>
</tr>
<tr>
<td>Brooke Bain-Gehrke</td>
<td>Taylor Basford</td>
<td>Emily Chaplin</td>
</tr>
<tr>
<td>Jaydeen Bubke</td>
<td>Maddy Best</td>
<td>Elizabeth Clifford</td>
</tr>
<tr>
<td>Jane Curtis</td>
<td>Rylee Dobson</td>
<td>Lachlan Fraser</td>
</tr>
<tr>
<td>Brendan Harrison</td>
<td>Jayde-Elle Ford</td>
<td>Zach Garner</td>
</tr>
<tr>
<td>Charmaine Hoek</td>
<td>Ainsley Heath</td>
<td>Danielle Hardy</td>
</tr>
<tr>
<td>Harry Jay</td>
<td>Rashana Iva</td>
<td>Nyssa Hartnett</td>
</tr>
<tr>
<td>Rachel Neve</td>
<td>Corey Scott</td>
<td>Matthew Rouyer</td>
</tr>
<tr>
<td>Dana Pocock</td>
<td>Ayla Tierney</td>
<td>Ryley Stokman</td>
</tr>
<tr>
<td>Joshua Turner</td>
<td>Kateleigh Polsen</td>
<td>Andrew Williams</td>
</tr>
</tbody>
</table>

The aim of these awards is to encourage students to continue to work hard so they can follow their career goals; whatever they are. The award winners were presented with a certificate, $100 gift voucher and an invitation to attend a function at QUT to celebrate their award. The Year 10 and 11 students will continue to receive the award annually until they finish school. Well done to our students for their hard work and for being acknowledged with these awards.

HARD WORKING HISTORIANS!

Students of Ancient History and Junior History at Caboolture State High School have been working very hard preparing their entries for the Queensland History Teachers’ Association Historical Writing Competition in September. This is a state competition which attracts students from both state and private schools throughout Queensland. We would like to congratulate the following students for submitting entries in this competition:

<table>
<thead>
<tr>
<th>Yr 12 Ancient History</th>
<th>Yr 11 Ancient History</th>
<th>Yr 10 History</th>
<th>Yr 9 History</th>
</tr>
</thead>
<tbody>
<tr>
<td>James Bassett</td>
<td>Jayde-Elle Ford</td>
<td>Amanda Gian</td>
<td>Abigail James</td>
</tr>
</tbody>
</table>

Well done to all students involved and we encourage you to enter the QHTA Historical Writing Competition for 2013.

Ms. C. M. Harman
Ancient History Co-ordinator

AGRICULTURE – FUN AT THE EKKA!!!

Results are in from the RNA (EKKA) and it is with pride we announce that the student’s hard work has paid off with a SECOND place OVERALL. Well done to all students involved, particularly to agricultural and cattle showing students who have been building the display for the last couple of months. The display involved a large cow digesting good nutrients which makes great food thanks to farmers. Unfortunately, the ball maze that the students had assisted in building over many, many days and weeks, chose to get stuck after being transported even though it had been working at school. Thanks to Mr Young and Mr Doyle for assisting in the making of sections used and to the students who assisted in getting the mechanisms to work initially. Back up lights were used to keep the appearance of movement going. Surrounding the cow were various hens, chicks and a rooster painted and decorated with eggshells and feathers. Thanks to Alycia Wylie for donating eggshells for this process and to Ms Somerville for co-ordinating this. At the front of the display, students had bent and shaped pieces of metal to make the grain display make a picture of a farmer. This won first place! The grains for judging were once again controlled by Ms Somerville. The whole arrangement won third place and in section one, the students took out third place as well. Plans have already started to be devised for next year’s EKKA!!!

Thanks go to students Dillon Inch, John Dern and Dylan Hosking who did the preliminary building of the board at the show and to the others who came along and helped on the Wednesday to build the remainder of the display. These students include Jessica Robertson, Toni Poole, Alycia Wylie, Sarah Birt and Ashleigh Tyler.

CLIFF, CAVES AND WAVES: SENIOR GEOGRAPHY HITS THE SUNSHINE COAST

It was a beautiful winter’s day when 23 Geography students headed towards the Sunshine Coast for their second field trip for the year.

First stop was the beautiful Rocky Coast Reserve, between Point Arkwright and Coolum Heads, where we learnt about coastal processes and got some ideas about managing this scenic area.
Our main study area was the northern section of Sunshine Beach and the spectacular Paradise Caves in Noosa National Park. After discussions about management issues along the beach and how best to deal with them, it was time to climb to the top of the headland (for some, more difficult than others!). As always, it was well worth the effort. The views of the caves, the waves crashing onto the headland and the beaches to the south were, quite simply, breathtaking. We were even lucky enough to see dolphins frolicking off shore. Despite doubts about getting back down again, all was fine and we topped off the day with a well-earned lunch (fish and chips for many) at the Sunshine Beach shops.

Some student thoughts about the day:

- It was a really awesome trip and the views from the headlands were amazing. We even saw dolphins! (Jayde-Elle and Cathy)
- The best excursion ever; interesting, fun and I would do it all over again. (Raileigh)
- It was such a privilege to go on such an exciting excursion; definitely going to revisit (Vicky Q)
- Truly amazing, an indescribably beautiful, fun day … (just about everyone!)

Thanks to all students who, as usual, were a pleasure to work with and to Erin Haynes who helped to make the day a success.

Mr Boxall
Geography Teacher

ART AND MUSIC NIGHT - WED 24th OCT - 7pm

Tickets $10 and $3

Once again, the students of Caboolture State High School will stage a night of musical performances, splendid art displays and a banquet of gourmet FOOD. A truly WONDERFUL FARE at the 2012 ART and MUSIC NIGHT. Don’t miss out!

The 2012 ART/MUSIC NIGHT showcases a variety of melodious musical moments from a group of dedicated and passionate performers including, among others, the Caboolture State High Concert Band. The night includes an imaginative array of artworks from across all visual arts year levels, as well as the now almost famous ‘Passion for Eco Fashion’ Wearable Art Parade - a showcase of a Year 11 unit of work, which is dedicated to re-contextualising discarded items and waste into precious items of desire. The fact that the fashion industry, car manufacturers, architects and governments are mirroring society’s concern over the environment is not surprising. Coco Chanel once said, “Fashion is not something that exists only in dresses. Fashion is in the sky, in the street; fashion has to do with ideas, the way we live, what is happening.” Caboolture High has a proud history of colourful and inventive works from students expressing concerns and searching for creative solutions.

The evening is catered for by students from the Hospitality Department, whose work can only be described as edible ART! Tickets $10 with food or $3 without. Come along, support your friends and have a great night.

Gabriella Swane
Jenny Chirnside
Art Teacher

PERFORMING ARTS UPDATE

Congratulations to all students who participated in our annual Dance Night held Tuesday, 16 October and a big thank you to staff, parents, students and friends who came along to support the performers. The night was a wonderful opportunity for our students to showcase what they have been learning in Dance class, their eisteddfod routines as well as student-choreographed work to an audience of over 500 people. A special congratulations and thank you must go to the Yr 12 Dance class and Jessica Brooks (Dance Captain) and Zoe Palmer (Dance Mentor) who worked extremely hard to ensure the night was a success. Well done!!

We now look forward to Art/Music Night which is being held Wednesday 24 October, at Caboolture State High School. Again, this night is a showcase of our students’ musical and artistic talents with musical performances from the school’s Concert Band, Music classes and students from outside of the Music program as well as a Wearable Art Parade and a tour of the Art classrooms where students’ work will be displayed. Tickets are available from the Cashier’s window at Caboolture State High School for $10 each, which includes some delicious food prepared by our Hospitality students. Please note that no tickets will be sold on the night. We look forward to seeing you there.

Jessica Dann
Acting HOD- The Arts
A FOCUS ON ‘HANDS-ON’ EXPERIENCES

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.

On Saturday, 15 September, Year 9 and 10 Geography students had the opportunity to watch the magnificent southern humpback whales as they migrate from Antarctica to the warm waters of Brisbane’s Moreton Bay. From their boat, students watched these gentle giants breach, blow and play.

Towards the end of Term 3, Year 10 History students visited the ‘Mummy Exhibition’ at the Queensland Museum, Southbank. There, the students came face to face with Egypt’s past. This extraordinary exhibition featured the story of Nesperennub, an Egyptian priest whose mummy has remained untouched for almost 3000 years. This was a wonderful opportunity for students to study Ancient Egypt first hand, and gain knowledge and understanding of this important find.

At the end of Term 3, the Year 12 Workplace Practices students finished their 80 hours of work placement. Many students found their work experience not only rewarding but also a help towards forging future careers. Thank you to all the employers in Caboolture and further afield who accept students into their workplaces.

In early Term 4, the Year 12 Ancient History students visited the magnificent Chung Tian Buddhist Temple, had lunch in Chinatown, and then viewed the Confucian Temple. This was a great way to complete their studies on Ancient Asian religions.

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

Good luck to all students with your upcoming exams. Remember, you make your own luck. Luck comes through good study practices, exam preparation and being focussed on your learning.

Dr Glenn Davies  
HOD Social Science/Business

INDIGENOUS SUPPORT NEWS

Indigenous students at Caboolture State High have continued to be involved in all aspects of school life. There has been the continuation of the Australian Indigenous Mentoring Experience Outreach Program at QUT Kelvin Grove for Year 9-11 students, Year 12 Learner Licence program, as well as the continuation of the ARTIE Program.

The ARTIE Program assists with providing 28 UQ university students who work one-on-one with Indigenous students, providing in-class support with literacy and numeracy. They have each been working with an individual student once a week all semester. ARTIE Shout Outs have also occurred two to three times a term and are a great way to celebrate student success.

The Term 4 Global Challenge is for all students to receive no more than 2½ unexplained days off). Students who achieve this will attend the ARTIE Beetson Fun Day (Whitewater World) at the end of Term 4.

Last week, Michaela Grant and Bradley Coulson assisted as Ushers at the Community BBQ Luncheon, hosted by Pamanyungan Elders Alliance, in honour of the retiring Commissioner of Qld Police, Bob Atkinson.

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

Dr Glenn Davies  
HOD Social Science/Business

TAX FILE NUMBER APPLICATIONS FOR SCHOOL LEavers

Caboolture State High School participates in the School Education Program run by the Australian Tax Office. A tax file number is essential for employment, deferring university fees or applying for Centrelink benefits. We would like to encourage all school leavers to apply for a tax file number through this program. Application forms can be obtained from the school office. If you have any queries relating to this program, please feel free to contact the school.

Save the Date

WHAT DO WE KNOW ABOUT SMOKING UPTAKE?

Most current smokers initiated the habit in their teens.

Research suggests that people who start smoking as teenagers are more likely to become lifelong smokers than those who take up smoking later. Around half of those teenagers who develop a lifelong daily smoking habit will die due to smoking related conditions.

Less than 3% of Queensland teenagers aged 12–17 years reported smoking on a daily basis in 2010.

Smoking is more common in older teens, increasing with age to 14.5% among 18–19 year olds.

On average, teenage males initiate smoking about one year earlier than their female peers, at 15 years compared with 16.3 years for teenage girls.

Almost all males who start smoking on a daily basis do so by age 30 (99% in 2007).

Nationally over the past three years, there has been an increase in the age at which teenagers had their first cigarette.

Between 2001 and 2010, there was a 50% decline in the prevalence of daily smoking among teenagers in Queensland (14–19 years).

If you are thinking about stopping smoking and would like some help and support, talk about it with your teenager and family.
members. Quitting smoking is one of the most beneficial and important steps you can take to improve your health and your chances of living a longer and healthier life. Most smokers want to quit, research shows that more than 75 per cent of smokers have made at least one attempt to quit smoking. If a child’s parents smoke they are three times more likely to smoke themselves.

When you decide you’d like to become a non-smoker, it often helps to formulate a plan before you attempt to quit. There is a range of support available to give you the best chance of succeeding, such as the Quitline (http://www.healthier.qld.gov.au/health-services/quit-smoking-support/13quit) or call Quitline on 13 7848. It’s important to remember you’re not alone when quitting smoking.

Every year, about 19,000 Australians die from diseases caused by smoking and about one third of these deaths occur in middle age. One in two lifetime smokers will die from smoking. In Queensland, there are, on average, an estimated 3,402 deaths per year attributable to tobacco smoking.

Tobacco smoke is a mixture of over 4,000 chemicals which can reach the brain, heart and other organs within 10 seconds of the first puff. Many of the chemicals in tobacco smoke can cause cancer.

Benefits of Quitting - What are the benefits of giving up smoking?

Giving up smoking has immediate as well as long term benefits. This will reduce the risk of smoking related disease and improve overall health and quality of life.

<table>
<thead>
<tr>
<th>Time since last cigarette</th>
<th>Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 minutes</td>
<td>Heart rate drops</td>
</tr>
<tr>
<td>12 hours</td>
<td>Blood levels of carbon monoxide drop dramatically</td>
</tr>
<tr>
<td>72 hours</td>
<td>Sense of taste and smell improve. Circulation improves</td>
</tr>
<tr>
<td>2 weeks - 3 months</td>
<td>Heart attack risk begins to drop, lung function improves</td>
</tr>
<tr>
<td>1 - 9 months</td>
<td>Coughing and shortness of breath decrease</td>
</tr>
<tr>
<td>1 year</td>
<td>Risk of coronary heart disease is halved after one year compared to continuing smokers</td>
</tr>
<tr>
<td>5 years</td>
<td>Stroke risk is reduced to that of a non-smoker 5-15 years after quitting. Risk of cancers of the mouth, throat, and oesophagus decreases.</td>
</tr>
<tr>
<td>10 years</td>
<td>Risk of lung cancer death is about half that of a continuing smoker and continues to decline. Risk of cancers of the bladder, kidney and pancreas decreases.</td>
</tr>
<tr>
<td>15 years</td>
<td>Risk of coronary heart disease is the same as a non-smoker. The all-cause mortality in former smokers declines to the same level as people who have never smoked.</td>
</tr>
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</table>


**SAFETY @ SCHOOLIES**

Hi everyone,

Schoolies, the event where graduating Year 12 students from all over Australia celebrate the end of high school with a week long holiday together is fast approaching. To help school-leavers & parents make their well-earned celebrations as safe and hassle-free as possible, it is important know and discuss a few key facts before you go.

The key message to Schoolies is: ‘Be safe and watch your mates’.

- **Be safe and watch your mates.** Make sure your mates know where you are and who you want them to call in an emergency.
- **Think before you drink.** Excessive drinking can lead to dangerous behaviour and serious consequences for yourself and your friends.
- **Don’t drink and drive** or get in the car with a drunk driver – you could lose your licence or your life.
- **Drink spiking happens.** Never allow someone else to buy you a drink and always watch your drink, don’t leave it unattended.
- **Don’t take drugs** - they are illegal and can kill.
- **No means NO.** Unwanted or forced sexual behaviour is a crime.
- **Protect your privacy.** You can’t control where your images may end up.
- **Avoid violence.** You have a choice. Walk away and avoid fights, or risk physical, emotional and criminal consequences. One punch can kill!
- **Falls from high rises are fatal.** If you sit on or lean over balcony railings, you can lose your balance and fall. Falls have resulted in serious injuries and death.
- **Travel safely.** Drinking or taking drugs and driving can be fatal. Make sure you use safe transport options.
- **Don’t risk it.** Always call 000 in an emergency.

Schoolies precincts and activities are for genuine Year 12 school leavers only. Teenagers will need student photo ID to obtain a wristband for entry into Schoolies precincts.

**No valid ID = No wristband = No access.**

Safety during the schoolies period is 1800Schoolies first priority and we’re working closely with the government, local councils and community organisations to improve the safety of schoolies through initiatives such as Photo ID’s & wristbands, security, volunteers, schoolies-only activities in alcohol and drug free areas and free transport.

If you have not booked your accommodation or would like information on Schoolies 2013 & 2014 please call us on 1800 724 665 or visit www.1800Schoolies.com.au

Celebrating the end of school is about having fun! Make sure you have a good time together - stay safe, look after your mates and respect the community you’re visiting. Good Choices = Great Future.

Marie Pritchard
School Based Youth Health Nurse


If you would like more information or help about quitting, you can speak to me at school about this or any other health issue that may be affecting you or your family.

Stay Safe
Welcome back to all for the last term of school in 2013. Help is always appreciated, so if you can assist at any time, please give us a call on 07 5495 2406.

Roster as follows:

<table>
<thead>
<tr>
<th>Date</th>
<th>Name(s) 1</th>
<th>Date</th>
<th>Name(s) 2</th>
<th>Date</th>
<th>Name(s) 3</th>
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<tbody>
<tr>
<td>Oct 23</td>
<td>Leanne</td>
<td>Nov 1</td>
<td>Adrienne</td>
<td>Nov 9</td>
<td>Vicki</td>
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<td>24</td>
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<td>Desley</td>
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<td>Pat</td>
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<td>Sandrea</td>
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<td>Debbie &amp; Paul</td>
<td></td>
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</table>

Congratulations to Leanne & Pat who were our September prize winners.

Hosting with WEP Australia