25 February 2013

FROM THE PRINCIPAL’S DESK

Welcome back to school to all students and families and a special welcome to families joining our community for the first time. We have had a great start to the year and all students are now in their classes and settling well into the year of study ahead. I have spoken to students on year level parades and the focus of my talks has been on student learning. All students need to work and do their best at school. There are a number of factors that contribute to students learning effectively. These include regular attendance at school, full engagement and concentration in class, good behaviour, completion of homework and timely submission of assessment tasks. I ask all parents to encourage your children and support the school in these areas.

Congratulations to our graduating students of 2012. Many students have successfully gained entry into universities, TAFE colleges and other tertiary institutions, while others have begun their working careers. Of particular note are Aaron Young and Brandon Peij who both received an OP 1 and will shortly begin their studies at university. I wish all of our graduates of 2012 the best for the year ahead.

It has been a very busy start to the school year. On Thursday, February 14, we welcomed our new school leaders for 2013 with our Student Leaders Investiture Ceremony. Our guest speaker Billy Tindall, who graduated from our school in 2007, gave an inspirational speech about the need to ‘step outside your comfort zone’ to reach your potential. Congratulations to our student leaders on their appointments and thank you to all the parents and carers who attended.

Our swimming carnival was very well attended and congratulations to all students who contributed to the success of the school swimming carnival. It was a very enjoyable day and the students from all Houses demonstrated plenty of enthusiasm and energy. Again this year, the proprietors of the pool commented on the excellent behaviour of our students. Well done.

Finally, the Annual General Meeting of the Parents’ and Citizens’ Association will be held on Wednesday, February 27, starting at 7pm with the first General Meeting of the year to follow. I invite the parents and carers of all new and returning students to this important meeting.

Thanks,
Jim Box
Principal

SCHOOL CAPTAINS’ REPORT

The beginning of 2013 has been a very busy one for all. The Year 12s had a great start to the year by attending camp at Noosa North-shore for the first three days of school. It was a great chance for us to develop and showcase our leadership skills whilst growing stronger as a team.

Not long after that was our yearly swimming carnival. Hundreds of eager students lined up to take the plunge and do their part for their houses. It was a day filled with many cheers and one that is sure to be remembered for a long time to come.

Next on the calendar was the induction of the 2013 leaders. This was a momentous occasion, one that marked the beginning of the journey for our 2013 leadership team. In a reciprocal gesture, we, as school captains, also had the pleasure to attend Beachmere and Caboolture East State Primary Schools for the induction of their leaders.

We wish all students the best for assessment throughout Term 1.

Lauren Stack and Tyler Moss
Caboolture State High School Captains

HAPPENINGS @ CAB HIGH – UPDATE FROM DR PADHY

• Text Messages: In 2013, the school will be sending text messages in the afternoon to parents/caregivers informing them of formal detentions. This is in response to parent feedback that they wish to be informed before it results in further consequences/suspension. A formal detention is assigned when other consequences have not been met and to avoid students missing out on schooling. Formal detentions are only assigned by Heads of Department and Deputy Principals. Students
are informed by the person giving them the detention and they will be reminded daily through student notices read out at house group. Failure to complete the formal detentions will result in further consequences including suspension.

- **Senior students with a study line:** Years 11 and 12 students who have a study line in their timetable are permitted to arrive at morning tea and leave early (at 1pm) if the study line is in period 1 and period 4. However, students will need to sign in/sign out through the office.

- **Assessment Planner:** Last week, all students received a copy of their Assessment Planner for semester one. This outlines topics covered and the assessment schedule during the semester.

- **Photo Catch Up Day:** Wednesday 27 February.

If you any queries regarding these matters, please call the school and we will be happy to help.

**Dr Padhy**
**Deputy Principal**
**Years 9 & 11**

### SWIMMING CARNIVAL

#### FROGS KICK OFF

On Tuesday, 12 February 2013, Caboolture State High School kicked off the first of our three carnivals for the year with our annual swimming carnival. The competition was fierce between the four houses, both in and out of the pool. It was fantastic to see so many students dressed up in their house colours and competing in the swims. Big congratulations to every student who attended the carnival and displayed positive behaviour and good sportsmanship. It was wonderful to see the teachers giving the students some competition and taking overall first place in the relay races. Well done to these teachers.

Fraser’s participation on the day was phenomenal and we had two students delivering outstanding results. In the 14 years age group, Jacob Tuxworth dominated in all events. Daniel Brooks also placed first in each of the events he participated in. Congratulations to these 2 students.

Fraser’s chanting was both loud and fierce; house leaders and Year 12s motivated and pumped everyone into the team spirit. Luckily for Fraser, our lanes were full during every event, having at least 3 swimmers or more. In the Fraser house swims everyone stood out, got up and swarm for the fun, with nearly every single student sliding into the pool and swimming as a team.

We greatly appreciate all those who participated in the 2013 swimming carnival and would like to thank you for having fun, keeping positive attitudes and displaying outstanding behaviour throughout the day. It could not have been done without all the help and support from all of the Grade 12 Fraser students and Fraser teachers.

Remember Fraser Frogs, win or lose, no matter the end result, to us…YOU ARE WINNERS!!

Our newly inducted Fraser captains and leaders for 2013 have started the year in awesome style, with great enthusiasm and initiative. Well done Captains: Jenna Werahiko and Robbie Parsons and Leaders: Makara Forbes, Emily Toohey and Regan Doo.

**House HODS**
**Ms Bradley, Mrs Pedwell and Mr Mabb**

![Fraser House Captains and Leaders - Jenna, Makara, Regan, Emily & Robert](image)

### MIGHTY MORETON RULES THE POOL

At the first event of the year, the swimming carnival, Mighty Moreton showed the other teams what we were capable of. With the most number of students present, Moreton took it to the other teams in a bid to win back to back carnivals. Plenty of house spirit was shown through costumes, free swim participation, war cry and champion swimmers trying their best to impress.

A special mention should be made to students and teachers who gave up their time prior to the day to bake delicious treats for the Mighty Moreton students. A huge thank you goes to our house leaders Alycia Wylie, Alisyia Bell and Dale Lowe, as well as everyone who participated and showed their Moreton spirit. Let’s make 2013 another champion year for Mighty Moreton!

**Bailey Chandler & Rechelle Polsoni**
**Moreton House Captains**

![image](image)
BRIBIE BULLDOGS GO IN FOR BATTLE

On Tuesday 12 February, the swimming carnival kicked off our sporting calendar with a bang! The Bribie Bulldogs arrived with great anticipation of the battle to come and it was great to see all the students dressed in costume to fill the grandstand in a sea of red. This definitely inspired our athletes in the pool to give it their all.

Congratulations to House Captain, Stuart Gilliland, for dominating with first place in the open boys backstroke and freestyle and achieving second place in breaststroke and butterfly. In addition, a special mention goes out to Year 8 student, Ruth, who stood up to the challenge and not only successfully placed in her age group, but also in the open girls division.

Fantastic participation and unrivalled enthusiasm led by our Year 12 doggies helped to achieve a massive wave of house spirit from all the students and resulted in a roar of thunder in the grandstand from our Bribie House war cry.

Thank you to all the Bribie House captains and leaders, staff and students for the many hours of hard work and support which made this day a huge success. A bark of congratulation goes out to you all and we hope to see even more participation, enthusiasm and school spirit from all the doggies in our next annual sporting event.

Holly Stimmmer
House Captain

Bribie students join in the dress up fun.

STRADDIE SHARKS MAKE A SPLASH

2013 certainly started off with a splash for the mighty Stradbroke Sharks. Week one started with the Year 12 Camp, where Senior Sharkies honed their leadership skills, ready for the ultimate honour of leading Stradbroke into the challenges this year will undoubtedly produce. The following students were elected:

2013 Captains: Stevie Calleija and Alex Hitchin
2013 Leaders: Emma Mawston, Cindy Neal and Jeriah Pelite

Impressively, for each person elected, there were proud Sharkies who sadly missed out. Each and every one of these people would have proudly and happily lead Stradbroke this year.

The first challenge for our newly elected leaders and seniors was the Annual Swimming Carnival. The Sharkies started the day with a bang, being highly competitive in the freestyle and butterfly events. Sadly, as the day wore on, the Sharkies lost their bite and enthusiasm and, on last count, were behind the leading contenders.

This Carnival clearly shows that, for Stradbroke to be crowned Champion House at the end of the year, PARTICIPATION is the key. Whether it is on the sporting field, in the debating team, by competing in curriculum competitions, by being a cast member of Disco Inferno or rocking in a Dance Eisteddfod team, the Sharkies will earn valuable points for our House by simply participating in the activities Caboolture High has to offer.

If every Sharky participates in 1 activity per term, we will be truly unbeatable!

WHAT CAN YOU DO TO HELP US GET OUR BITE BACK?

House HODs
Wayne Hooper, Sandra Marks and Amy Thompson
A NEW YEAR, A NEW STUDENT COUNCIL

Over the past few weeks the Year 11 students have been gearing up for Student Council. Between completing application forms, learning about the Australian voting system and actually filling out the ballots, we officially have our Student Council for 2013.

Before I announce those students elected for this year, I wanted to commend the Year 11 cohort on demonstrating such a brilliant attitude towards the entire election process. 23 students applied for eight designated roles and submitted extremely thoughtful applications. The Year 11s also voted responsibly and the Australian Electoral Commission representatives made the comment that our students were very polite and the voting process ran extremely smoothly. Also, a very special thank you should go out to those Year 11 boys who gave up their morning tea to help set up the voting tables and screens.

To those 23 incredible students who applied for different positions on the council, thank you. All of the candidates would have done a fabulous job and I hope they consider signing up to the four committees. Finally, our Student Councillors for 2013 are named below. I’m looking forward to a fantastic year with this brilliant group of students. Congratulations!

President: Izzac Alves
Vice President: Fine Tupou
Treasurer: Mitchell Pearce
Secretary: Alice Cork

BEACON AND CABOOLTURE STATE HIGH SCHOOL

This year, Caboolture State High School continues to work with the Beacon Foundation to help inspire and motivate our Year 10 students to either stay in school and increase their educational engagement and attainment, or choose a positive pathway that enables successful transition to employment, further education or training.

“The Beacon Foundation, a national non-profit organisation currently working in 130 schools across Australia, believes every young Australian can develop an independent will to achieve personal success for themselves and their community. Beacon’s programs support young people to develop this focus through engaging and influencing the attitudes and behaviour of the broader community. By harnessing community involvement, it works within schools to ensure young people are either earning or learning at vulnerable transition points in their lives.”

This year is our third year as a Beacon school and we have a great program planned for our Year 10s, which compliments the career education and SET planning process taking place during ACCESS throughout the year. Some of the events/programs include:

- **Speed Careering and Ute Day** - workshops are run to enable students to obtain up to date and first-hand information about their future options. A range of businesses present to students about their industry and career paths.
- **Industry Tours** - Hands on tours of business/industries to learn more about a specific industry and careers available within it. (Holcim, SKM Engineering, Queensland Health etc).
- **Business Event** - An event for members of the local business community to initiate, build or celebrate the school’s Beacon program.

| Activities and Sports Committee Chair: | Genevieve Peij |
| Community Support Committee Chair: | Connor Wakeling |
| Student Welfare Committee Chair: | Carl Wolfenden |
| Environment Committee Chair: | Isabella Warren |

Ms Emma Spermon
Student Council Supervisor
• **Business Blackboard** - Businesses visit the classroom to share their knowledge with students, matching real life situations to the school curriculum.

• **Charter Signing** - Beacon’s signature event where Grade 10’s publicly make a pledge that by the following year they will be in education, employment or training.

The **Beacon Student Ambassador** role is also a fantastic part of the program as it offers students the opportunity to drive the program through taking responsibility, using initiative, motivating peers and being involved in our local community. Twelve students from the Year 10 cohort have been elected as Beacon Student Ambassadors and will help in organising, preparing, and hosting events, and have opportunities for self-development. Congratulations to the 2013 Beacon Student Ambassadors:

Jennifer Attridge, Jaiden Blundell, Matthew Chambers, Hayden Coffey, Bradley Davis, Jetta Ferguson-Male, Adrianne-Joy Hutt, Abigail James, William Jay, Janaya Kindma, Shazura Lawrence, Isaac Lee.

On Tuesday, 19 February, the Ambassadors attended a training day run by Beacon at the Caboolture Hub. The day involved learning about their roles as ambassadors and the activities they’ll be involved in this year. It was also an opportunity for our ambassadors to meet and share ideas with Beacon Ambassadors from other schools.

Partnerships with businesses within the local community and community involvement are important to ensure the success and sustainability of the Beacon Program in our school. If you would like more information on how you can be involved, please call Jessica Dann on 5498 0111.

**Jessica Dann**
**Beacon Co-ordinator**

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**Music Captain:** Kaitlin Anderson

Our school Band Captain will be announced in our next newsletter. Our Art Committee will also convene this term. What a committed group of students we have in the Arts faculty!

**DANCE EISTEDDFOD**

Auditions for the 2013 Junior and Senior Dance Eisteddfod teams were held in Week 2. Congratulations to the students selected! Choreography for the dance routines is underway as students prepare for a year of competitions and performances. Thank you to Mrs Bell and Miss Dann for your work selecting the teams.

**INSTRUMENTAL MUSIC**

Applications to the Instrumental Music Program were called for in the first week and our successful students have commenced lessons. We are looking forward to a year of enrichment and fun! Thank you to Mrs Moore for our swift start to the year!

**MUSICAL UPDATE**

Disco Inferno auditions commenced in Week 3 and are continuing. We have had a great turn out, with all students completing a vocal audition, followed by acting auditions starting this week. Miss Dann’s Year 12 Dance class begin choreographing dances this term and over in Industrial Technology, senior classes with Mr Sulter and Mr Longland are busy creating new set flats and stairs for this year’s performances. Meanwhile, Mrs Moore is becoming acquainted with the musical score for the band! What a collaboration!

Save the Date: Disco Inferno will be performed in Term three, on Wednesday, 24 July and Friday, 26 July 2013.

**Amy Wood**
**HOD The Arts**

**A WELCOME AND CONGRATULATIONS ARE IN ORDER IN THE AGRICULTURE DEPARTMENT**

Welcome to our new Agricultural Science Teacher, Kay Hutt. Kay is teaching Year 10 Animal Husbandry for the department this year and we hope she enjoys her time here with us.

Congratulations to Maddy Best, our first Rural Captain. Maddy’s role is be to a leader in assisting younger students in Cattle Showing, taking on organisational responsibilities as a senior, assisting with the show readiness of cattle and equipment, as well as being a role model in the agriculture classes she takes. Apart from Cattle Showing, there is heavy participation in preparing show displays for Caboolture, Woodford and the RNA or EKKA. This work is done before school, at lunches, in cattle showing and during classes. We hope Maddy enjoys her year in this important role.

The department has, this year, picked corn, pumpkins, potatoes and we have honey again.

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**THE ARTS FACULTY**

**ARTS CAPTAINS**

Congratulations to our Arts Captains for 2013! We are proud to announce the following leaders:

- **Art Captain:** Imogen Lee
- **Dance Captain:** Shannae Horsfall
- **Dance Mentor:** Rylee Dobson
- **Drama Captain:** Jacenta Horne

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- **Dance Mentor:** Rylee Dobson
- **Drama Captain:** Jacenta Horne
YEAR EIGHT NEWS

I would firstly like to say “Welcome” to all of our wonderful Year 8 students and families who have joined us this year. I look forward to a very busy and exciting year with this wonderful bunch of students and can’t wait for all that the year can bring.

Our fabulous Year 8s have settled quite nicely into high school life and are starting to understand the expectations that go along with achieving great results. The first few weeks have been quite hectic for our Year 8s with working out how to read their timetables, navigating through the school grounds to be at class on time and, of course, making new friends. Most of the students are really enjoying High School life and the variety of subjects that they get to be involved in.

This term is going to a busy one for the Year Eight Cohort! Just recently, in Week Three, students were invited to a Pizza Lunch that was catered by our wonderful senior Hospitality students. All of the students and teachers that attended enjoyed themselves very much, indulging in the yummy treats that were there. Many thanks to Mr Branch and Ms Bruhn for your help with making the lunch a success – we all enjoyed it!

On Wednesday, 20 February, we had our Year 8 Parent Information Night. This was a great opportunity for parents and caregivers to find out, first-hand, what Caboolture High offers to our students and the expectations that we have for them too. Students, who had parents/caregivers attending the evening, enjoyed the Year 8 Disco along with their SAFE Leaders. What a fantastic turnout!

Term 1 also sees our fantastic Camp in Week 7. Students have already started preparing for this by allocating themselves to cabins. With this great event comes much organisation and students will start to prepare for this in the weeks ahead.

I am very much looking forward to a wonderful Term 1 with this fabulous cohort that we have. It has certainly been an excellent start to the year! Let’s keep this up!

Paula Beaumont
Year 8 Coordinator

YEAR 9 NEWS

I trust our Year 9s enjoyed a wonderful Christmas break and are ready for a fantastic schooling year! 2013 has kicked off with our cohort making a smooth transition from Year 8 to Year 9. It has been a pleasure to see our well established students supporting the new students who have joined Caboolture State High School this year. I would like to thank the cohort for this and extend a special welcome to our new Year 9s!

Whilst 2013 is set to present the 9s with a myriad of opportunities and experiences, it would be remiss of me not to mention that 2012 concluded with a celebration of success at the annual Year 8 Special Assembly. At this event, a great many students were acknowledged for their fine efforts as model citizens of our school community.

At the assembly, each housegroup awarded one student with the class PRIDE medallion. The very worthy recipients were: Matthew Bautista, Angela McCasker, Samuel Nutt, Lachlan Atta-Singh, Rachel Magner, Shannon Gehrke, Sarah Reid, Sophie Scott and Brittney Hodgson. Over the course of 2012, 36 hard-working students earned Emerald Award certificates which were presented on a weekly basis. Of this group, the two most outstanding students, Beau Kobelt and Rebecca Smit, received our most prestigious Emerald Award, the Emerald Trophy, at our special assembly. Congratulations students!

A big thank you goes to the parents and care-givers of all these students – it was wonderful that you were able to attend the assembly and witness our 9s receive their medallions and trophies.

Another important assembly was held on Tuesday, 19 February, at which we announced our Housegroup Captains and Student Council Representatives for 2013.

Our Housegroup Captains are responsible for collecting class roles through the week, reading student notices in the morning, thanking guest speakers at school functions, contributing to student council and putting the “spotlight” on Caboolture State High School’s Respect Rules at our weekly assemblies. I would like to congratulate and thank these student leaders in advance for their work in this important role.

Congratulations must also go to our Student Council Representatives. Of nineteen nominees, seven students were shortlisted but the three students who have been selected to represent the Year 9 cohort at Student Council are Lacey Hill (9F1), Callum Young (9B2) and Steele Ford (9S1). These students will have a significant role as leaders in our school and I encourage them to take on the opportunity and challenge that this position offers them. I am certain they will make our cohort proud!
I would like to encourage all of our Year 9 students to put in their best efforts this year, and make 2013 another year for celebrating success!

Dee Stephenson
Year 9 Coordinator

Emerald Trophy recipients Beau Kobelt and Rebecca Smith are as proud as punch!

Dr Padhy congratulates PRIDE medallion winner Lachlan Atta-Singh.

MIDDLE SCHOOLING NEWS

What a fantastic start to the 2013 school year. There are many events fast approaching for our middle school students.

Year 8

A big welcome to our new Year 8 students and families! Transition has gone well for the Year 8 students and it appears that the majority of them have already settled into Caboolture SHS. If your child is having some difficulties adapting to high school life, please do not hesitate to let me know.

A Parent Information Night was held on Wednesday, 20 February, for parents/care givers of Year 8 students to meet the staff. Teachers discussed their expectations regarding class work, homework and assessment, along with answering any questions. If you weren’t able to attend the evening, we encourage you to either contact the classroom teacher by phone or communicate with them through the use of the CSHS student diary.

In March, there will be a Year 8 camp held at Currimundi Recreational Centre. We have a large number of Year 8s attending the camp this year and have already confirmed numbers with the camp ground. If, however, you would like your child to attend (and haven’t already returned your forms), please contact the school ASAP and we can check if there are any positions vacant. This camp will provide new Year 8 students with an opportunity to get to know other students better, not necessarily from their house or core classes, and focus on team building skills. It has proven to be successful in the past and our staff and students are excited about this upcoming adventure!

High school can be a very rewarding experience but, as with anything in life, you only get out of it what you put in. We encourage our Year 8s to grasp this thought with both hands and use it to do their best in order to get the most out of their time here at CSHS.

Year 9

Our Year 9 students have already started their preparation for the upcoming NAPLAN (National Assessment Program – Literacy and Numeracy) test, 14-16 May. NAPLAN has five written tests over the 3-day period: Reading, Language Conventions, Writing (persuasive text), Numeracy (calculator allowed) and Numeracy (non-calculator). As part of the preparation for these tests, students will participate in practice tests, under strict exam conditions, to help familiarise themselves to the process. As well as these formal test programs and rotation NAPLAN focus days in Term 2, programs will continue this year with the Year 9 students participating in a spelling program during their house groups and a new homework program set by their Access teachers. Students are also undertaking extra literacy and numeracy sessions during both core and elective classes. Old test papers and further information is available to parents on the NAPLAN website: http://www.naplan.edu.au/.

Learning Support

Our 2013 learning support class lists (LST) have been finalised and students with class changes received their new timetable in Week 3. There has been movement and letters to parents have been distributed to notify you if your student will be undertaking the LST class or if, due to further testing, your child has been removed from the program.

Again, welcome to 2013, and I look forward to working with you in partnership so your child can achieve to their full potential.

Sarah Brady
HOD Middle Schooling

SENIOR SCHOOLING NEWS

Welcome back to Senior Schooling for 2013! We once again have a busy and exciting year planned for our senior students. For Term 1, we are particularly focussed on students exploring and developing their leadership qualities and developing a plan for the Senior Phase of Schooling.

Recently, Year 10 students were informed of who would be Beacon Ambassadors for the year. These school leaders will be involved in a number of activities and responsibilities throughout the year. All Year 10 students have a range of exciting activities to look forward to in the school’s ACCESS program, including a topic about inspirational people. Students will also have the opportunity to hear from guest presenters as part of these activities.

Year 11 students have been involved in Student Council voting this term. Student Council is a great opportunity for students to showcase their leadership skills and gain practice in leadership responsibilities before entering Year 12. Student Council members have the opportunity to have a real say in what happens here at Caboolture State High School, and be a voice for their fellow peers.

This term, our Year 12 students are already hard at work. The OP eligible students have already begun preparation for the Queensland Core Skills (QCS) test which will take place on 3 and 4 September. Our QCS preparation program involves a
number of workshops facilitated by Mighty Minds as well as regular QCS workshops during ACCESS time on a Thursday morning. A reminder that the QCS ACCESS Program has been distributed to all Year 12 OP eligible students, and it includes the dates and starting times for QCS preparation sessions each week. Our OP in-eligible students are soon going to begin working with staff to ensure both students and parents are aware of Queensland Certificate of Education (QCE) eligibility. For those students enrolled in VET certificate courses, this term will also involve checking that students are well on their way to achieving their full certificate by the end of Year 12.

I look forward to continuing to work with our Senior Students in 2013.

Amy Thompson
HOD - Senior Schooling

LIBRARY NEWS

Welcome

As always, Term 1 has been incredibly busy and it is also an important time of the year for many reasons. Firstly, I’d like to welcome back all students from their break and to wish you the best with your studies in 2013. One of the key roles the library plays is to help you achieve excellence, so let us know if we can help in any way.

Library Assistants

When I say “we”, I talk about the Library Crew, both staff and students, and it gives me great pleasure to introduce our Library Assistants for 2013 and particularly our new Year 8s.

One or two extra Year 8s will be appointed shortly.

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New Online Library

After almost two years of planning and design by Mrs Stephenson and me, the new “Online Library” is finally ‘live’. You can find it on the school’s home page in “Quick Links”, or go to page 15 of the student diary to find the direct link: http://resources.caboolutreshs.eq.edu.au/Library/

As you’ll see on our Home Page, we have designed it to be an interactive “one-stop-shop” that aims to help students do their best at school and help staff find the best resources for their classes. Please direct students to it.

Year 8 Introduction to the Library

Another important job for Term 1 has been the induction of Year 8 Students into the range of library resources available to them over their five years of schooling. Part A of the induction occurred in English, where we looked at the physical library resources and the places and spaces that students could use in the library. Part B of the induction dealing with digital and online resources will occur in Science and Part C in Geography.

2013 Reading Programs

Of course, reading has also been a focus for the start of the year, with programs beginning for Year 8s, 10s and 12s. Our Year 8 program this year is called “Reading Rocks” and, in a nutshell, the more students read and the more activities they do, the bigger the prizes at the end of the year. Don’t forget, Year 8s, to see me to record your books before you return them and to hand in to me all activities as you do them.

Reading Rocks 2012 and Prizes

On the subject of reading, congratulations to all students who won awards last year in our Year 8 Reading Rocks program. Big prize winners ($70 - $150) included Callum Young, Nakita Tierney, Kate Brown, Angela McCasker and Jasmine Pocock, though many other students also won prizes.
To all students, I hope 2013 brings you the results you’re aiming for. Don’t forget to go to your Online Library (www.cabooltureshs.eq.edu.au) and click on the Online Library link whenever you need to research and remember… the Library Team is here to help you achieve your goals. If you ‘can’t find’ or ‘can’t do’ for any of your assignments, JUST ASK!

Ian Boxall
Teacher/Librarian

YEAR 12 CAMP

Year 12s started the year with a three day leadership camp at Noosa North Shore. Students participated in various activities including pamper pole, giant swing, mountain biking, canoeing and team challenges.

Students were kept busy throughout the camp, developing their leadership and teamwork skills. Many students had to overcome personal challenges as they jumped off the pamper pole or released the giant swing. The support and encouragement offered by other students was great to see. “Silly Sausages” were passed around as different students were rewarded for their silly actions.

At night, the students participated in mini Olympics and the traditional garbage bag formal. Students manufactured amazing outfits out of garbage bags before escorting each other to a fabulous meal and night’s entertainment.

Special thanks must go to Tewantin Noosa Lions club who provided a golf buggy for some students to get around in.

Staff who attended also need to be thanked for their effort and hard work in making the camp a success for the Year 12s.

The camp was a great start to the year and we look forward to building on this throughout the year.

Mr Rohan Young
Year 12 Coordinator

11 LEGAL STUDIES EXCURSION TO THE COURTS

On Friday, 8 February, our enthusiastic Year 11 Legal Studies Students, attended by Mr Keene and Mrs Lepper, enjoyed an action packed excursion to the Brisbane Magistrates, District and Supreme Courts. As well as ‘brushing shoulders’ with some of Brisbane’s finest Lawyers, students had the opportunity to talk ‘face to face’ with Court staff, a Magistrate, a Supreme court Judge, Barristers and solicitors.

The experience enabled students to view, first-hand, a variety of careers associated with the law and they were able to study our justice system in process from the perspective of police officers, legal counsel, judges, court officials and even television reporters! Students topped off a great day with an informative visit to the Queensland Police Museum.

Susan Lepper
Teacher

SCIENCE – OFF AND RUNNING IN 2013

I would like to take this opportunity to introduce a number of new staff within the Science faculty. Joining our teaching staff this year are Matthew Hagland, Kay Hutt and Suresh Shandil. Satwinder Kaur has also joined us in the invaluable role of Scientific Operations Officer. In the few weeks that we’ve been running, all have fitted in very well and I wish them all the best for their time at Caboolture High.

During the school holidays, one of current Year 12 students, Alex Hitchin, spent considerable time working to achieve the goals he set last year which earned him a Bayerboost scholarship. This environmental scholarship scheme is offered to Year 11 and 12 students across Australia and is administered by Australian Geographic. There are only three scholarships available each year and Alex was the only Year 11 student to successfully apply for one last year. See his report below.

This year has started with a flourish. Already, a group of Year 9 and 10 students has represented us at the QUT Science and Engineering Challenge. This activity was held at the Caboolture QUT campus last Friday, and saw seven local high schools taking part. The students completed a range of thought-provoking tasks which required them to work in small groups to solve practical problems. All students participated very well and some excellent individual results were achieved. Overall, we finished second on the day, not too far behind the winners, Murrumba Downs. Congratulations to all involved.

The rest of this term will see students being given the opportunity to not only participate in many classroom science activities, but a wide range of out of classroom activities including snorkelling, boating, a forensic science museum visit, cheese-making as well as our annual Biology/Science 21 camp to Stradbroke Island. Students will also be offered the opportunity to participate in a variety of different science competitions run by out-of-school providers. I certainly encourage all students to make the most of the opportunities...
offered to them whilst at school, in order to further their science education.

Wayne Hooper
HOD Science

BAYERBOOST SCHOLARSHIP by Alex Hitchin

As a part of my scholarship I was required to work in practical activities involving conservation. From 17 December, 2012 to the 24 January, 2013, I have worked in conjunction with Endeavour Veterinary Ecology on the North-Side of Brisbane on koala tracking and health maintenance, a mitigation snake project for Powerlink in North Queensland and on conservation land for 10 days, 177km west of Charleville.

My tasks included tracking koalas that were previously in care as they had been injured by cars and dog attacks or koalas that once had contracted the Chlamydia Virus and were now treated and released. In the photo below, I have just released a mother and baby after they had been successfully treated.

I also worked on projects to reduce the accidental or deliberate deaths of other native species and spent time searching for and identifying native animals.

I would like to say a big thank you to Endeavour Veterinary for the chance with this scholarship and, also, a big thank you to Australian Geographic. I had a blast and, in the process, learnt so much. Thank you once again.

Alex

CORAL REEF PROJECT

Students at C.S.H.S. are embarking on a project on a global scale. They are creating mathematical hyperbolic functions, that is, starting small, they make something grow bigger, continuously, just like in the same way coral and coral reefs grow.

Pictured below, Hayden Taylor has ‘figured out’ these formations that Matthew Klatt and he are holding. They are working on the Coral Reef Project, instigated by the Smithsonian Institute. The Institute for Figuring, at the Smithsonian, began the project, now over five years old, and we invite you - groups, communities and individuals, to contribute to the crafting of corals and coral formations to add to a global awareness of coral reefs and issues affecting them.

How to join in? Simply chain crochet 10 stitches, join them into a circle and chain stitch around, increasing by one stitch after every third stitch. Know someone who can crochet? Maybe ask them for a helping hand. Let’s make a reef of beautiful coral exponential formations! So come and hook into the Coral Reef Project!

Jenny Chirnside
Teacher

SOCIAL SCIENCE AND BUSINESS – A GREAT START

The last four weeks has seen Social Science and Business students engaging with their first unit of work. 2013 sees the introduction of the National History Curriculum in Years 8-10. All Year 8 students now do a semester of history and geography, as well as a semester of history in Years 9 and 10. Year 9 and 10 Geography remains as an elective. The Year 8s are either working on a unit on the Middle Ages or a Geography photo montage of different biomes. The Year 9 history students are working on their first unit on the Industrial Revolution, while the Year 10 history students have been investigating World War II. This year, we have also introduced Year 11 Modern History. With 2 classes of Modern History and our Senior Ancient History classes, the study of history is very popular at Caboolture SHS.

The Year 8 geography students received, last week, a letter inviting them to participate in the Australian Geography Competition. The entry fee is $3-. We encourage all students to give it a go. For those more historically minded, the Australian History Competition will occur at the end of May, 2013.

The Year 11 Legal Studies students are the first to burst out the gates this year with an excursion to the Supreme Court,
Magistrates Court and Police Museum. Some students were excited to get photos of them sitting on a vintage police motorcycle. At the end of February, a team of four Year 12 Legal Studies students will represent Caboolture SHS at the Schools Constitutional Convention at Parliament House. Good luck to them.

All in all, senior students are working well in their respective subjects (Ancient History, Modern History, Business Communication Technologies, Certificate II in Business, Geography, Information Technology Systems, Legal Studies, and Certificate II in Workplace Practices) and middle school students are busy with their subjects (Geography, History, and Information Technology & Multimedia).

We welcome several new teachers to our faculty and hope that students will appreciate the learning experience they bring to the classroom.

Hopefully all students have settled into their new classes and we wish them a successful and rewarding year.

**Dr Glenn Davies**  
HOD Social Science & Business

**LEARNING ISN’T JUST FOR OUR STUDENTS**

As we’re always acutely aware, keeping up with technology is an ongoing challenge. Things change, new things emerge.

We work hard to keep up with these things through regular professional development. It’s only week 4 but already this year:

- We’ve shown the potential of apps in teaching and learning by a presenter from Envisage Training. The app world is huge and teachers and students are starting to venture into it through iPads and smart phones.
- An Office expert has showed us some of the advanced features of Word and PowerPoint to help us save time and get beyond the surface - something that can be hard to find time to do. He also gave staff a tour of OneNote, an awesome and powerful program that many of our teachers and students are beginning to use in a new way of organising and completing work.
- Key ICT staff have shared, with the whole school, some of the things they do to engage and teach through ICT while helping students learn the necessary life skills that come with that. Thanks to the following for showing and sharing:
  - Paula Beaumont - who shared some of the cool things you can do to help learning with cameras, iPods, microphones and a heap of educational websites.
  - Phil Cochran - who shared how physical education students are using iPads to help learn through motion analysis.
  - Courtney Burton - who showed the potential of EdStudio as a place for students to collect course materials, complete activities, communicate and collaborate.
- Staff have since attended afternoon sessions to learn how to create EdStudios.

Ask your child how they’re using ICT in their learning! I think you’ll see just how central it is to our business.

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**INDIGENOUS NEWS**

Hello Everybody,

For those of you who don’t know me, my name is Mrs Carter and I am the Indigenous Coordinator at school. I would like to take this opportunity to welcome back our continuing students and all the new students joining us at Caboolture State High.

My job consists of supporting Indigenous students in their subjects with class activities and assessments, co-ordinating Indigenous cultural activities, planning field trips, liaising with teaching staff regarding student progress and communicating with parents/carers regarding students’ achievements or concerns with other activities.

We’ve had a great start to the year which has included selected Year 9 & 10 students and me attending QUT camp at Camp Warrawee with several other schools from as far away as Rockhampton and Gladstone. The students participated in many exciting activities over the three day camp and realised their dreams can come true.

On the second day of camp, we visited QUT Gardens Point Campus “Oodgeroo Unit” where students attended lectures, participated in classroom activities of a Law court, learnt about engineering skills and built a model boat, met the Vice
Chancellor, had a tour around the campus and had a chance to play on the world’s largest interactive board, the “Cube”, in the technical building. We all had a great day and the students asked many questions and realised there is so much more to going to University than they thought. They also learnt about entry to University, Scholarships and Cadetships to assist with costs.

After visiting QUT campus, we headed over to Davies Park, West End to watch the pre-match of the NRL All Star players and to see the Indigenous All Star players presented with their jerseys. We also had the chance to see Jessica Mauboy perform her latest song as part of the celebrations.

On the third day of camp, the activities were about challenging ourselves, working as team members and participating in activities such as high swing, canoeing and rock climbing to help build confidence and taking chances to achieve goals. The canoeing activity was the favourite, as the students were able to go for a swim in the lake and cool off.

Later that afternoon, we all headed off to the Indigenous All Stars game where we jumped up and down with excitement every time the boys scored a goal. The atmosphere was outrageous and everyone was on a high when the Indigenous boys won the game.

Sunday morning we all woke up tired from our past days activities, excited with the new choices and goals in front of us, said goodbye to our newly made friends and headed home.

Thank you to Joel Anderson from QUT Caboolture for arranging the camp and to Arrow Energy for their funding. The camp has been a valuable experience and has made students look towards University in a different way.

Mrs Carter
ITAS Coordinator

DON’T FORGET YOUR BREAKFAST

Breakfast breaks the overnight fasting period, replenishes your supply of glucose and provides other essential nutrients to keep your energy levels up throughout the day.

Glucose: The body’s energy source. It is broken down and absorbed from the carbohydrates you eat. In the morning after you have gone without food for as long as 12 hours, your glycogen stores are low. Glycogen is the glucose that has been stored in your muscle tissue and liver where it is released slowly overnight to keep your blood sugar levels stable. Once all of the energy from the glycogen stores is used up, your body starts to break down fatty acids to produce the energy it needs. Without carbohydrate, fatty acids are only partially oxidised, which can cause reduced energy levels. Eating breakfast restores your glycogen stores and boosts your energy levels, as well as your metabolism for the day. This has a great impact upon a person’s ability to concentrate at school throughout the day.

Essential vitamins, minerals and nutrients: Breakfast provides a significant proportion of the day’s total nutrient intake and offers the opportunity to eat foods fortified with nutrients such as folate, iron, B vitamins and fibre. Essential vitamins, minerals and other nutrients can only be gained from food. So, even though your body can usually find enough energy to make it to the next meal, you still need to top up your vitamin and mineral levels to maintain health and vitality.

Skipping breakfast

Extensive research in Australia and overseas has found:

- Many children who skip breakfast are significantly heavier than those who eat breakfast.
- Skipping breakfast can diminish mental performance. Eating breakfast can aid learning, as you are better able to pay attention and are more interested in learning.
- Eating high-fibre breakfast cereals reduces fatigue.
- Children who eat an inadequate breakfast are more likely to make poor food choices for the rest of the day and in the long term.
- People who eat breakfast have more nutritious diets than people who skip breakfast. They also have better eating habits as they are less likely to be hungry for snacks during the day.

Going without breakfast becomes more common with advancing age – approximately 15 per cent of teenagers and one third of adults don’t eat breakfast.

A healthy breakfast may reduce the risk of illness

Compared to children who regularly eat breakfast, those who skip breakfast tend to consume fewer kilojoules overall, yet they experience the same rates of overweight and obesity. There are a number of theories for this. There is some evidence that large meals are more likely to lead to weight gain than smaller, more frequent meals. This is because excess kilojoules eaten during one sitting are stored as body fat once the glycogen storage
areas are full. People who skip breakfasts are usually ravenous by lunchtime and tend to eat more to compensate.

**Snacking**

People who skip breakfast tend to nibble on snacks during the mid-morning or afternoon. This can be a problem if those snacks are low in fibre, vitamins and minerals, but high in fat and salt. Without the extra energy that breakfast can offer, some breakfast skippers feel lethargic and turn to high-energy food and drinks to get them through the day. If you do skip breakfast, try a nutritious snack such as fresh fruit, yoghurt, a low-fat muffin or a wholemeal sandwich to help you through that mid-morning hunger.

**Remember**

- A healthy breakfast has many health benefits.
- Children who skip breakfast may lack sufficient fibre, vitamins and minerals including iron, calcium, zinc and vitamin B2
- Reasons for skipping breakfast include lack of time, lack of motivation and lack of available breakfast foods.

Try to get into the habit of eating breakfast, you will feel brighter and more alert for the rest of the day.

I regularly talk about the importance of breakfast here at school in relation to being switched on and alert throughout the day. Breakfast will boost a student’s learning potential during their school life and beyond and help build the foundations for healthier adults.

*Stay healthy,*  
*Marie Pritchard*  
*School Based Youth Health Nurse*

**TUCKSHOP NEWS**

*Roster as follows:*

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Birthday wishes for March to Adrienne on the 6th, Fay on the 9th, Sandrea on the 17th and Deirdre on the 24th.

*Lina Bishop and Diane Lee*  
*Tuckshop Convenors*