Welcome back to another busy term. This week, we have begun visits to our feeder schools (Caboolture, Caboolture East, Elimbah and Beachmere State Schools) in preparation for the 2014 intake of Year 8s. There are two important evenings on our calendar in the near future, for Year 7s planning to enrol in Year 8. The first is our LearnIT information evening, scheduled for 7.00pm Tuesday, 23 July in our school hall. The second important evening is the general Year 7 into 8 parent information evening, taking place at 7.00pm Tuesday, 30 July, also in our school hall. All relevant information has been distributed to our prospective Year 8s during our school visits.

Week 3 is musical week. Performances are scheduled for Wednesday and Friday nights at 7.00pm. All students, parents and members of the community are encouraged to purchase a ticket from the school office to attend one of these performances. School musicals are a wonderful vehicle for drawing a school community together. Students and staff from a range of faculties work together and have invested enormous hours and energy over the past weeks in rehearsals, costume and set designs and deserve our support as an enthusiastic audience at one of the performances.

Week 3 is also athletics carnival week, with our athletics carnival scheduled for Friday, 26 July. Early events are being conducted during lunch breaks with the Friday being dedicated to complete the program during a carnival of track and field events. All students are encouraged to attend to support their house in this carnival.

Education goal setting and career planning

Parent teacher interviews are scheduled for 1.00pm to 7.00pm on Monday, 26 August. The attendance of parents at the Semester 2 interview session has been quite low in the last two or three years. As a result of this, we are trialling a new format this year. Parent teacher interviews are scheduled to coincide with the Year 10 SET planning day.

The focus of these interviews will be holistic rather than subject based. There will be one interview per student, usually with their house group teacher, with the focus of interviews varying according to year level. In general, discussion will centre around overall achievement and attendance patterns, education goals, career plans and aspirations. These are all relevant topics leading up to subject selections for Years 8, 9 and 10 students, review of education pathways for Year 11 students and consideration of end of Year 12 progress and post-school options for Year 12 students.

Please note that there will be no classes for students on the day of the interviews. In lieu of attending school on that day, students, together with a parent/carer if possible, are required to make an appointment and attend an interview with their house group teacher to discuss their educational progress. Bookings will be made through our regular interview booking system, Parent Teacher On-line. Information about how to make bookings was posted to you with the Semester 1 reports and can also be found on our school website.

QCS preparation – Year 12 students

The QCS test for OP eligible Year 12 students is scheduled throughout Queensland for Tuesday and Wednesday, 3 and 4 September. This is a very important aspect of assessment for Year 12 students and must be a focus for them over the next seven weeks leading up to the test. Practice tests need to be taken seriously in order to gather accurate feedback on performance. The feedback we receive, in turn, targets areas for attention in our preparation.

Dress Code

Our newsletter would not be complete without some reference to the school’s dress code policy. The following aspects of the policy need addressing by some students:

- Formal uniforms: It is compulsory, not optional, for students to wear formal uniforms on Mondays in Terms 2 and 3. This is clearly explained at enrolment interview, so there can be no misunderstanding about this when students attend Caboolture High.
- Detentions will be issued to students not complying with this requirement.
- Canvas and cloth shoes must not be worn to school at any time.
- Beanies are not part of the school uniform and must not be worn to school.
- Hair colour: A small number of students are arriving at school with bright hair colour – bright orange, bright green, for example. Please note that our dress code clearly states that only natural hair colours and styles are accepted, so I ask parents to support us in the implementation of our dress code in this aspect.

Independent Public Schools

Education Queensland has called for expressions of interest for the next round of Independent Public Schools. Public consultation (the school and wider community) is a vital
component for a school to decide whether or not an application should be made. The pros and cons of Caboolture High School becoming and independent public school will be discussed at the next P&C meeting scheduled for 7.00pm next Wednesday, 24 July in the conference room of the Administration building. There are attachments to this newsletter providing more information about the topic for your interest.

Other curriculum dates for your calendar

- Monday, 29 July: Traineeship information night for Year 10 students and parents – 7.00pm in the Hall
- Tuesday, 6 August: Subject information night – Years 8 & 9 students and parents - 6.15pm in the Hall; Year 10 students and parents - 7.30pm in the Hall

Best Wishes,
Peter Willmott
Acting Principal

SCHOOL OPINION SURVEY

The annual School Opinion Survey is being conducted in our school this week, (22-26 July). The survey is used to obtain opinion information from random samples of parents/caregivers and students and all school staff. The Parent/Caregiver Survey has been sent home and can be completed either online or using the paper form provided. Selected students will complete their survey online at school and all school staff will be provided with access details to complete their survey online. All survey participants are encouraged to complete their survey this week to ensure that their opinion is included in our schools’ reports, which we will receive later this year. The reports will help our school and Education Queensland to further understand how to better meet the needs of our community. Survey queries can be directed to our school - contact Dr Satwant Padhy, Deputy Principal, by telephone - 07 54980111 or email - spadh2@eq.edu.au.

JUNIOR SECONDARY NEWS

Welcome back for another semester.

Our first PRIDE student excursion for the year was held at the end of Term 2, 31 May 2013. Students who had received PRIDE student status were invited to attend an excursion to Australia Zoo. Congratulations to those students who were eligible to attend this trip. Our next PRIDE student trip will occur in Term 3 and students will be given an opportunity to go on an excursion to Movie-World in Week 6, August 16. To achieve a PRIDE student status, students must receive all Excellent (E) and/or Very Good (VG) in Effort and Behaviour in each of their subjects on their report card.

Our All-Rounder students will also be recognised in Term 3. These students need to achieve PRIDE student status and receive all As and/or Bs in academic achievement. Letters for both PRIDE students and All-Rounder students will be in the post within the coming weeks and I encourage all students to keep trying their best throughout the year.

Our Year 8 Learning Support classes have been reporting some outstanding improvements in both reading and in comprehension. There have been some minor changes to classes this semester and, as a result of this, some students may have a new teacher, a new classroom and all classes will be starting the next level of decoding. I encourage students to keep working hard so that we can continue to track their positive progress in this specialised program.

The access program for our Junior Secondary students has started once again for another semester. Our Year 8 students are about to embark on a Mighty Minds program which will focus on key areas that will help develop their higher order thinking skills. Students have been allocated into focus groups that will allow them to develop these thinking skills, no matter what level they are currently achieving.

Our Year 9 students will begin their Access course, participating in the RILPPA Attitude program. Later on in the semester, our Year 9 students will partake in a Cyber-Bullying program. This will educate our students to be more cautious about the information they put on the internet and how to be proactive in the prevention of cyber-bullying. Parents are increasingly concerned about the effects of cyber-bullying on children. Cyber-bullying can occur through emails, internet chat rooms and via instant messages or mobile phone text messages. As well as being educated about these issues at school, it is important that parents talk to their children at home about the dangers of cyber-bullying.

I am looking forward to continuing to work with our Junior Secondary students for another semester.

Mrs Sarah Brady
HOD Junior Secondary

SENIOR SCHOOLING NEWS

SET planning news for Year 10 students

SET Plan day for Year 10 students is August 26. To be prepared for the SET Plan interview, students are now entering information into their individual OneSchool profiles. Students are completing this during access over the next five weeks. It is hoped by the time they are ready for their SET Plan interview, they have fully discussed options with you, their parents or guardians; have visited and discussed options with the Guidance Officer if required; and have thought through at least a few options of future work.

Subjects selected by students going into Year 11 should align with their future pathways so they can keep their options open. Students should choose subjects that they are likely to have
success in. Students’ SET Plan goals must align with subject choices.

It is hoped that all students will exit Year 12 with a Queensland Certificate of Education (QCE), and one or both of an Overall Position (OP) or other certificate.

**Traineeship evening- July 29, at 7.00pm**

It is important that any Year 10 student considering a school based traineeship attends this evening to find out about vital information concerning traineeships. Traineeship points contribute to Queensland Certificate of Education (QCE) and students can get a nationally recognised qualification.

**Kaye Pedwell**  
**HOD Agriculture /Senior Schooling**  

**WELCOME BACK TO TERM 3!!**

Term 2 was a busy term with many Beacon events involving the Year 10 Beacon Student Ambassadors and the Year 10 cohort, however a big congratulations must go to Year 11 student, Brooke Bain-Gehrke, for her successful application to attend the Outward Bound Leadership opportunity. Brooke was a 2012 Beacon Student Ambassador and was one of three Beacon students selected to participate in the 2013 National Aspiring Leaders Summit organised by Outward Bound. The summit took place in Canberra from Saturday, 18 – Saturday, 25 May, involving approximately 30 students. The event was created for young Australians who are committed to making a difference in their community. Brooke had an amazing time, met a lot of new friends and came back full of fantastic ideas. She said, “This was a once in a lifetime opportunity. We were faced with many challenges but we worked together as a team and achieved our goals. In this week, I learnt about leadership and the quality of life itself. I look forward to beginning my community theatre project in the near future”.

The Speed Careering event, which is one of the major events that involves the whole Year 10 cohort, took place on Wednesday, 8 May in the Caboolture State High School hall. The aim of this event is to open students’ eyes to the world of work, raise their career aspirations and broaden their industry knowledge. This is achieved by a representation of presenters from a variety of careers and industries, in positions from entry level to senior management, who possess a variety of experience and knowledge. For our event, 23 presenters gave up their own time to come along and talk to our Year 10 students. Each presenter gave a brief snapshot about their work and why they think it is a “top job”. The students were then broken up into smaller groups and the presenters moved around the room to talk in more depth about their job, pathway, education etc. Overall, it was a fantastic opportunity for the students as they were exposed to positive working role models and learnt about a variety of careers and industries that they may have never thought of.

**On Thursday, 16 May, five Beacon Student Ambassadors participated in a Mock interview process. Held at the SKM Engineering building in South Brisbane, the students were teamed with Graduate Engineers who took them through the process. In preparation for the interviews, students used Beacon’s suite of online tools including a resume creator and job interview preparation guide. The students found this to be a fantastic opportunity to experience a ‘real world’ style interview in a professional setting. The interviewers were impressed with the students and provided them with written and verbal feedback about the interview. Overall, this was a great learning experience. Ambassadors who participated: Jennifer Attridge, William Jay, Isaac Lee, Janaya Kindma and Adrienne-Joy Hutt.**

On Friday, 24 May, four Year 10 students and Mr Lance Sulter attended the SKM Engineering Industry Tour held at the SKM Engineering Building in Brisbane. The students were given a behind the scenes look at a career in Engineering through a day jam packed with presentations and engineering activities. The students had a great time and were happy to have been given the opportunity to learn more about this industry, and the careers available within it. Students who attended: Stewart Davies, Joel McIver, Kurt Haggard and Logan Mosca.

Term 3 will see the ‘Tradie-Ute day’ in action, a trip to the ‘Leightons Uncovered industry day’ for 20 students, a site tour of the Sunrock Quarry at Beerburrum for ‘Holcim day’ and the Charter signing event where Year 10s will publicly make a pledge to commit to further education, employment or training by the following year. This will be held on Friday, 6 September. Further information about the Charter signing will be given closer to the event.

**Thank you,**  
**Jessica Dann**  
**Beacon Coordinator**

**SENIOR GEOGRAPHY CAMP**

For many students, our Geography Camp in the Bunya Mountains is one of the highlights of five years of schooling and our trip in May this year was no exception. I say camp, but the reality is with comfy chalets, roaring fires, full bathroom and kitchen facilities and even digital TV; the word ‘camp’ just doesn’t seem to fit!

Our purpose was to explore some of the management issues to do with this wonderful national park and in doing so we bushwalked, gazed over scenic views, undertook vegetation surveys and collated statistical information about rainfall and visitor numbers to the park. All very hands on and all very real! Of course there was plenty of free time too.

In total, as always, we had a wonderful time...but don’t believe me: the comments below speak for themselves!

- ‘The best camp ever!’ (Everyone!)
- ‘Never had so much fun: wish we could do it again and again!’ (Everyone!)
- ‘Couldn’t have been better!’ (Everyone!)
• ‘100% amazing camp. Best way to spend our last camp of Year 12. The company was amazing; the surroundings were breathtaking; all around, the best time!’ (Emily T)
• ‘Great scenery and the best bonding experience ever in five years of high school.’ (Victoria-Leigh)
• ‘The icy weather just meant an excuse for more hot chocolate and more wood on the fire! I’d do it all again without hesitation.’ (Indigo)

Of course, a great camp is a joint effort and huge thanks must go to Mrs Carter for all her hard work, as well as Bob, our trusty driver from Coast and Country Coaches. Most of all, a big thanks must also go to the students.

Mr Boxall
Geography Teacher

THE ARTS REPORT

Musical count-down!

One week to go until our school musical production ‘DISCO INFERNO’ takes the stage! This is it – don’t miss your chance to enjoy a truly entertaining night, marvel in the talent of our students at Caboolture State High School and support this extra-curricular extravaganza. Wednesday, 24 July and Friday, 26 July – 7.00pm - in the Hall. TICKETS ON SALE AT THE CASHIER - $6 students, $8 adults. BUY YOUR TICKETS TODAY!

Dance update

With the success of both Sunshine Coast and Brisbane Dance Eisteddfods, with the latter yielding a Very Highly Commended for our Junior Eisteddfod team, our dancers now set their sights on a showcase event, ‘DancEd in the Spotlight’ on 30 July. Our students participate in a day long program, including intensive workshops and a showcase performance event. This has traditionally been an enriching experience for our students and we look forward to another year of development through dance.

Instrumental music day

On the last day of term, Friday, 20 September, our Instrumental Music students will participate in the Caboolture State High School ‘Instrumental Music day’. On this day, we host our fellow students and their Instrumental teachers from our feeder schools, including: Caboolture East, Caboolture, Morayfield, Morayfield East and Minimbah State schools. Students engage in master-class workshops throughout the day and provide a performance at lunch time for parents and all students of Caboolture State High School. This day plays an important role in strengthening the transition for our Primary school students into the High school program, as well as an enriching, social and collaborative experience for all students and staff within our feeder network.

Grease

Our much anticipated excursion to QPAC to see the Australian Premiere of ‘Grease’, the Musical, is on 28 August. This is an evening excursion, so participating students will enjoy the full experience, being amongst the sophisticated excitement of the pre-show hustle and bustle, and engaging in the illuminated splendour of the Cultural Precinct at night.

Amy Wood
HOD The Arts

ENGLISH NEWS

A big welcome back to all parents and students after the mid-year break! The English faculty is looking forward to a busy but interesting and productive Term 3. It is a very busy time for our Year 12 students! It is pleasing to report that after analysing Semester 1 data, many students showed significant improvement during Term 2; we hope that this can be built upon during Term 3. We wish our Year 12 students all the best as they enter their last semester of schooling.

Early this term, most of our Year 10 students are completing their poetry unit from last term which culminates in a presentation of their own compositions. To coincide with this unit, a guest poet – Steven Herrick - is visiting the school and will entertain students with his own poetry. Steven – a local product - is one of Australia’s most popular performance poets, and he has toured internationally on a regular basis. Some of you may be aware of one of his poetry anthologies titled, Cabooolture.

In addition this term, our Year 10 students are to experience a taste of Shakespearean theatre as the highly regarded Shake N Stir Theatre Company has been booked to perform in the school hall. Last term they entertained and educated our Year 12 students with a creative interpretation of Macbeth, told from Lady Macbeth’s perspective.

Across all year levels, many students will also compete in the ICAS English Competition which is a well-respected national competition. This worthwhile event is a rigorous but valuable experience for students wishing to challenge themselves in terms of their language learning.

English teachers look forward to seeing many parents at the upcoming revamped Parent-Teacher interview afternoon/evening to discuss student progress, and the Faculty also looks
forward to showcasing our course offerings at the parent information evenings being held in Term 3. Hoping that your term is a happy and productive one!

Regards,

Dana Barrett
A/HOD English

AGRICULTURE – OUT AND ABOUT

Thanks to student council

Students will be attending Farm Fantastic and showing off their new cattle showing shirts, provided by the student council. Thanks must be given to the student council for providing the funds to buy the new shirts and to all students who actively participate in student council fundraising. Well done students. Thanks must also be given to Mr Young, coordinator of the student council, for his assistance in their work.

Farm Fantastic

Farm Fantastic is coming up on Friday, 19 to Sunday, 21 July. Students should see Mrs Pedwell for an invitation to come and work for the school at this event.

On the farm

Students are growing and harvesting snow peas, broad beans and zucchini at the moment. Our pumpkins will take a bit longer but flowers are developing at the moment. Students are very busy preparing the EKKA display, making all sorts of three dimensional animals. Some students are building a chicken coop for the display while others are building a grain display. Some students are even collecting egg shells to decorate the three dimensional animals. I am sure we will be kept very busy over the next few weeks.

Kaye Pedwell
HOD Agriculture /Senior Schooling

WORK EDUCATION

Our Year 9, 11 and 12 Work Readiness and Workplace Practices students are studying the unit: “Undertake an Individual or Group Enterprise Project”. Their goal is to raise money to help Year 12 students buy a school present. It is also part of their assessment to be rated competent in the unit. These students have worked hard to organise their businesses. Congratulations to all involved!

The students will be conducting their businesses on Friday, 26 July, which is our school sports carnival day. They will be selling soft drinks, chips, ice-cup, cup cakes and lollies, just to mention a few. We understand parents play a major role towards the function by giving their children money to spend and encouraging them to come to school even if they are not participating. We kindly ask all parents to encourage students to turn up on the day and help their peers achieve their goals.

Godfrey Chabikwa
Work Education Teacher

ICT News

280 new computers

The federal government’s National Secondary School Computer Fund (NSSCF) is sadly coming to a close this year and thanks to the fund, we have just received our final contribution of 280 computers. Without the NSSCF, between now and the end of life for these computers, there will have to be a major overhaul in how we provide and support student access to ICTs. Now known as Better Schools, the Gonski reform – if it goes ahead - will play a major role in helping us maintain the 1:1 student computer ratio we’ve come to enjoy. If you haven’t expressed your support and would like to, it’s not too late. Go to:

Second-hand computers for sale

Our NSSCF injection means that we have a number of 4 year old computers to clear from our fleet. If you would like to make the most of their very reasonable prices please see the advertisement for them in this newsletter.

FOR SALE- Lenovo desktop computers

While stocks last!

Computer only $60

- 4 yrs old
- Model 6072-RW6
- Intel Core2Duo 3.0Ghz CPU
- 4.0Gb Ram
- 160Gb Hard disk drive
- ATI HD 2400 Radeon graphics adaptor
- Faulty DVD drive
- Vista Home basic
- OpenOffice
- Keyboard and mouse

Computer and monitor $120

- 17” LCD colour Monitor

Condition of sale

1 month warranty. Should computer fail, it will be replaced (provided stocks are still available) or it can be returned and a refund requested. Service after sale is not provided.

TO PURCHASE

Contact Brian Swile (Business Services Manager) on 54980111

LearnIT

Our information evening for next year’s Year 8s will be held on July 23, in the school hall, at 7.00pm. Please come along
if you’d like to find out about our ICT immersion program. We have advertised to local primary schools and in local newspapers, but please let people know who you think may be interested.

Carolyn Bradley
HOD ICT Services

FRASER HOPS TO IT

The July 26 athletics carnival is fast approaching and pre-carnival events are underway. Well done to those who have competed so far. I helped out with the open girls discus event and was impressed by the number involved. Congratulations to Reggie who, despite a troublesome shoulder, still gave her best in discus and managed to come third. Champion effort!

Week 3 events include U13 javelin, U15 high jump, U16 discus, open triple jump, open girls shot put and open boys discus. All 1500m races will be held after the carnival. Please encourage your child to get involved and contribute to our great house.

Go Froggies!

Carolyn Bradley
Fraser HOD

CABOOLTURE HIGH STUDENTS ARE MAKING THE NEWS!

Big League Magazine wrote:

GIRLS ALLOWED

Girls from the Caboolture Snakes Junior Rugby League club are eyeing off double-premiership success in their first season in the Sunshine Coast Junior Rugby League girls competition that also includes the Beerwah Bulldogs, Deception Bay Bombers and Nambour Crushers. "The girls love their footy. Injuries so far this season have been broken cheekbone, nose, arm, finger, collarbone, but no tears," proud coach Chris Little told Big League.

All students participated in the initial two series of questions prior to the final. Shazura achieved a near perfect score and was one of the top five students to move into the final live question round. This involved students answering verbal questions in front of about 250 people. Two students were eliminated part way through this stage, leaving Shazura and two others to battle out the final series of questions.

In the end, a student from Sommerville House finished one point above Shazura and the other finalist. A tie-break round of three questions was then asked to separate 2nd from 3rd. Unfortunately, Shazura answered two of these difficult questions incorrectly and therefore ended up taking out 3rd position in Queensland for this competition.

This effort is outstanding, considering that Shazura studied independently for this competition.

Wayne Hooper
HOD Science

DEBATING SUCCESS

2013 has been a landmark year for debating at Caboolture SHS. For the first time in a long time, we have fielded teams in the Years 8, 9 and 10 Queensland Debating Union’s school competition.
The teams are as follows:

‘Year 8: (Coached by Mrs Rebecca Smith) Ruth Jarrett, Chloe Platt, Zoey Langbien, Leon Manuel.’

‘Year 9: (Coached by Ms Clare Hurrey) Naomi Marsden, Rachel Neal, Alex Rios, Jasmin Jensen.’

Year 10: (Coached by Mrs Jayne Hooper) Shazura Lawrence, Jetta Ferguson-Male, Abigail James, Shannan Johnston and Harry Pryor.

It’s great to see boys join in!

The Year 9 team battled strongly, and were challenged with a sharp learning curve, debating experienced teams. While they did not make the finals, they showed significant improvement over the course of the competition and should be congratulated wholeheartedly for their efforts.

The Year 8 team won three out of their four debates, excelling in the short preparation debate, where they had one hour to prepare and present three coherent and logical arguments. Their efforts resulted in them earning a place in the final series – a magnificent effort. Unfortunately, their first round final debate is scheduled for 24 July, opening night of the school musical – Disco Inferno. With three team members also involved in the musical, it means they will be burning their way across the stage, instead of being in the debating arena. Nevertheless, it was a spectacular start and there is a promising future for our Year 8 debaters.

The Year 10 team, joined by the very capable Harry Pryor, remained undefeated in the Preliminary rounds for the third year in a row and will once again proceed to the finals. This experienced and talented team have a bye in the first round of finals and will debate on 31 July with the topic; “That we should ban negative political advertising”. We wish the team all the best for their finals. Watch this spot for more news on how the team progressed!

Finally, I would like to take the time to thank all coaches, debaters, parents and supporters for the time, effort and dedication displayed in 2013. Caboolture SHS has always had a fine reputation in the debating arena and I hope you are proud of the part you played in continuing and furthering that reputation.

Congratulations,

Jayne Hooper
Debating Coordinator

INDIGENOUS NEWS

Hello everybody and welcome back to Semester 2.

Semester 1 kept us busy and Semester 2 is looking to be just as exciting. I would like to welcome the new students to our school and the new Head of Department, Mr Fazio, who will be with us for the remainder of the semester.

We have had a busy start to Term 3 with NAIDOC celebrations on Friday. This year’s theme proudly celebrated the 50th anniversary of the presentation of the Yirrkala Bark Petitions to the Federal Parliament. In 1963, two bark petitions were sent to protest the Commonwealth’s granting of mining rights on land excised from Arnhem Land reserve and sought the recognition by the Australian Parliament of the Yolngu people, traditional rights and ownership of their lands.

Jahmarley Dawson was our special NAIDOC guest who entertained us with cultural respect, didgeridoo sounds, dot painting on paper bark and taught us to perform a welcome dance. We all enjoyed our time with Jahmarley and look forward to him returning and teaching us more.

ARTIE will be visiting us on 17 July with special guest, Trendy Trev, to set us another challenge for this term. All students must attend 90% or more of the school week. If students can’t attend school, we ask all parent/carers to continue to advise school of the reason. This will assist students to achieve the goal if an explanation is given. Students must also attend and be on time for house-group each day. The reward for this term, if achieved, will be a fun day at White Water World with students from other schools who also achieved the challenge.

Term 3 will also keep our students busy as they participate in various activities and programs. These will include:

• Selected students being tutored in their maths and English classes, by QUT students.
• Murr Pathways (career options for the seniors) with special guests on 24 July.
- Cultural Infusion (day of learning and participating in cultural activities with special guests) on 19 August, at school
- AIME (selected students in Years nine – 12 will be involved in a mentoring, leadership and career program) 23 August.

I have heard many great reports about some of the students during Term 2. Keep up the great work and don’t forget students need to attend school every day for the challenge. Good luck!

If more information is needed in relation to the upcoming events, please do not hesitate to ring me on 5498 0111.

*Mrs Carter  
*Indigenous Coordinator

HEALTHY LIVING & POSITIVE OUTCOMES

Teenage emotions are complex and can be difficult to regulate at times. These emotions may well be expressed in a negative manner, so what’s it all about??

Emotional regulation

Negative emotions can be described as any feeling which causes you to be miserable and sad. These emotions make you dislike yourself and others, and take away your confidence. Emotions which can become negative are hate, anger, jealousy and sadness. Yet, in the right context, these feelings are completely natural. Negative emotions can dampen our enthusiasm for life, depending on how long we let them affect us and the way we choose to express them.

Holding onto negative emotions causes a downward spiral

Negative emotions stop us from thinking and behaving rationally and seeing situations in their true perspective. When this occurs, we tend to see only what we want to see and remember only what we want to remember. This only prolongs the anger or grief and prevents us from enjoying life. The longer this goes on, the more entrenched the problem becomes. Dealing with negative emotions inappropriately can also be harmful - for example, expressing anger with violence. Emotions are psychological (what we think) and biological (what we feel). Our brain responds to our thoughts by releasing hormones and chemicals which send us into a state of arousal. All emotions come about in this way, whether positive or negative. It is a complex process and often we don’t have the skills to deal with negative feelings. That’s why we find it hard to cope when we experience them.

How to deal with negative emotions

There are a number of coping strategies to deal with negative emotions. These include:

Don’t blow things out of proportion by going over them time and again in your mind.

Try to be reasonable - accept that bad feelings are occasionally unavoidable and think of ways to make yourself feel better.

- Relax - use pleasant activities like reading, walking or talking to a friend.
- Learn - notice how grief, loss and anger make you feel and which events trigger those feelings so you can prepare in advance.
- Exercise - aerobic activity lowers your level of stress chemicals and allows you to cope better with negative emotions.
- Let go of the past - constantly going over negative events, robs you of the present and makes you feel bad.

Where to get help

- Your doctor
- Your local community health centre
- School Based Youth Health Nurse
- Parentline on 1300 30 1300
- www.headspace.org.au

Things to remember!!!

In the right context, negative emotions like anger, grief, sadness or jealousy are perfectly normal. Long lasting bouts of negative emotions can stop you enjoying life.

Coping strategies can help to curb persistent negative feelings.


The younger you learn to understand & cope with strong feelings in the right context, the easier it will be to regulate as an adult.

Stay Safe,

*Marie Pritchard  
*School Based Youth Health Nurse

TUCKSHOP NEWS

Roster as follows:

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Congratulations to Lauris and Irene, who were June prize winners.

**Asthma?**

Join us for a FREE workshop and learn about:
- Asthma symptoms, triggers & medications
- The importance of an asthma action plan
- What to do in an asthma emergency

You can help someone, or yourself to live well with asthma.

Caboolture Library
4 Hasking St, Caboolture
Tuesday, July 30 2013
1:30pm—2:30pm

**Bookings Essential**

**Call 1800 ASTHMA**
(1800 278 462)

or book online

Supported by the Australian Government

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**QSCHOOLS SMARTPHONE APP NOW AVAILABLE FOR CABOOLTURE STATE HIGH SCHOOL**

The Minister has released the QSchools smartphone app, which integrates with our school website. The app allows parents, teachers and students to have instant access to live school updates and information, connecting the school community.

The app displays school location, contact information, news, calendar events and newsletters. This information feeds directly from our school website. When we update and publish content on our website, the app also automatically updates.

Watch the Channel 7 news story on YouTube

**App benefits for parents/caregivers include:**

- searching for the nearest school by current location, postcode, school name or suburb and view school contact details
- adding multiple schools as favourites to enable parents to view updates from multiple schools in a single view
- accessing the latest school news and events to stay informed
- receiving emergency announcements and information around school closures

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**Downloading app**

The QSchools app is available for parents to download free via the Apple iTunes store and Google Play. For more information, view the DETE site. (A link to this is also on our school website homepage, in the quick-links section: [www.cabooltureshs.eq.edu.au](http://www.cabooltureshs.eq.edu.au) )