26 August 2013

FROM THE PRINCIPAL’S DESK

This term is already well past the half-way point and our Year 12 students have a very busy time over the next four weeks. Many of them are preparing for and will sit the QCS tests and all students have very important assessment due in the next few weeks. The Year 12 exam block is scheduled for 12 to 17 September. I ask all parents and carers to support these students in this time and please contact the school if you have any concerns.

Thank you to all parents and carers who have attended our information sessions over the last few weeks. It is heartening to see so many of you at these evenings and I am sure that the information you received will help in the important decisions students will make around subject selections for next year.

We have had a very positive response from parents and carers to our parent teacher interview day which is on today, August 26. There has been a change of format for these interviews with a holistic rather than subject based focus on student progress. We hope that students, parents and carers will find this positive and support students in progressing towards their education goals.

Congratulations to Kaye Pedwell and our Agricultural Department, for their success at the EKKA. These dedicated teachers and students have, again this year, put in a great deal of effort representing the school at numerous shows and exhibitions throughout the year and they thoroughly deserve all their successes.

Congratulations to our winter season inter-school sporting teams. Several of them are involved in finals but, more important, is the manner in which our students have committed to their teams.

We held our school athletics carnival on Wednesday, August 2. Well done to all students who competed in and supported the day. The level of student involvement was outstanding and it was a very successful day.

After considerable consultation with school staff, parents and carers and with the wider community I have decided to apply for the school to become an Independent Public School. If we are successful, this will allow the school to be more autonomous and allow us to make more local decisions to ensure that we can maximise the learning of all our students. Thank you for all who contributed to the discussion and I will keep you posted on how our application goes.

There are a number of important events occurring between now and our next school newsletter. These events include:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>September 3 and 4:</td>
<td>QCS tests for our Year 12 students who are OP eligible</td>
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<td>September 16 to 20:</td>
<td>Structured work-place learning for a group of Year 11 students</td>
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<td>October 18:</td>
<td>Senior Formal</td>
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<td>October 21:</td>
<td>Sports Awards night</td>
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Regards,
Jim Box

A REMINDER TO PARENTS/CARERS ON HEALTH ROOM PROCEDURES

Caboolture State High School is committed to supporting students’ health and wellbeing.

If a student falls ill or is injured at school, they must obtain a note from their teacher and go to the Health Room where First Aid trained staff will assess the situation. If it is deemed necessary for the student to be picked up by the parent/carer, Health Room staff will contact the parent/carer. To assist this process, please inform the school office staff of any changes to parent/carer contact details or the contact details of the people nominated as emergency contacts.

When the parent/carer arrives, the student will be signed out of the Health Room/School through the school’s attendance system. It is important that this process is followed. A parent/carer should not collect their student during school time without a leave pass issued by the school.

If your student requires medication during school time, whether over the counter or prescribed, a ‘Request to Administer Medication’ form needs to be filled out and signed by both the student’s doctor and the parent/carer. Staff cannot administer medication without this completed form.

Thank you for your assistance in this regard. All information is kept confidential and only disclosed to the relevant staff when required to support your child.
ITEMS NEEDED FOR WORK READINESS PROJECT

Mrs Yelland and Miss Kelly’s Work Readiness class is preparing for their enterprising project which involves the collection of donations. We are collecting items such as school supplies, toys, games and personal hygiene items. We are sorry we cannot accept toothpaste, playing cards and play money. These items will be shipped overseas to under-privileged children in time for Christmas. Monetary donations may be made as well, to help with the cost of shipping. All donations can be made at the SEU. The class that raises the most donations will win a movie and popcorn day. Thank you for your support!

Miss Kelly & Mrs Yelland
Work Readiness Teachers

YEAR 8 REPORT

Term 3 is almost at an end! It is hard to believe that we have already conquered six weeks of the term and are on the downwards slide to the holidays. We have been busy as a Year 8 cohort – from being involved with the Athletics Carnival, Farm Fantastic, the Musical, Sports Finals, hosting Taiwanese students, the Ekka, PRIDE excursion and so much more!! The Year 8 Students have definitely proved their importance within our school community! Well done!

Some special mentions go to those wonderful students who have demonstrated EXCELLENCE for Behaviour and Effort in their Semester 1 report cards and are our Diamond Award winners (so far) for this term.. Well done to: Lily Wease, Jacob Tuxworth, Tesla Murray, Stephanie Meciar, Isabel Meciar, Zoey Langbien, Sophie Hartley, Taylor Bloomfield, Alex Colvin, Tahlia Field, Calum Jones, Richard McCaughrity, Rebecca Pickering and Piper Young. We are all very proud of you! Keep up the great work!!

Speaking of great work, well done to all of the PRIDE students who went to Movie World on Friday, 16 August. It was a great day! I hope that you were able to take away some wonderful memories of the day. Great job!

Back in Week 3, our Year 8 students wore their house colours and competed in our annual Athletics Carnival. It was a wonderful day of colour, competition and costumes! Thank you to all of the great helpers who assisted in the cooking, serving and selling of sausages on the day. The money raised from the day goes to the student council which helps to provide things for our school community! Thanks again.

Also this term, students in the laptop classes were asked to be involved in a Youth Advisory Group, discussing the importance of Cybersafety for students. This was a national program offered by the Federal Government and had over 2600 students from 289 schools nationwide. The ten students who participated were: Taylor Bloomfield, Bianca Hamilton, Calum Jones, Jack Carruthers, Rhys Myslinski, Rebecca Pickering, Maddison Rube, Kirsten Shoesmith, Mitchell Stuparich and Blake Ulett. Thank you to the students for being involved in this very worthwhile event! This event also invited selected students to attend the annual Cybersafety Summit, where students meet with government and industry representatives to share their views on cybersafety. Rebecca Pickering, along with her family, were invited to attend this summit in Melbourne. Well done to Rebecca for being selected to attend this excellent opportunity.

Although the term is coming to a close soon, there are still some great events that you should mark in your calendar:

- **Friday, 6 September** - Subject Selections for Year 9, 2014 are due.
- **Friday, 13 September** - Social Mixer Lunch at school. $5 per student (to be paid to the cashier prior to the event).
- **Friday, 13 September** - Free Dress Day – Friday – Gold coin donation required.
- **Thursday, 19 September** - Year 8 Jump Rope for Heart Fundraiser

Well done again Year 8, on your involvement in the many wonderful events that our school has offered to you this term. Let’s keep it up! Have a great Term 3, and I look forward to an exciting Term 4!

Mrs Beaumont
Year 8 Coordinator

YEAR 9 REPORT

Our Year 9 cohort has hit the ground running in Term 3, with a busy schedule of assessment dates, school events, extra-curricular activities and excursions!

During Access this term, our students have focused their attention on developing positive attitudes that are vital to success in everything we do. Over the course of three weeks, students studied several modules from the Rippa ‘Attitude is Everything’ program, learning that our attitude impacts upon our resilience, our friendships and ultimately upon what we achieve. Through activities and self-reflection, students were given the opportunity to develop confidence, optimism and persistence to become problem solvers in their own lives.

In Weeks 3 and 4, our students were allocated time during Access lessons, to log in to their ‘My Education Plan’ page in OneSchool and input information for their learning snapshot, goals, interests and strengths. This recording process is extremely important as it allows students to reflect critically upon how they are travelling as students and where they are going on their school journey as they work towards further education and employment. I ask that students who were
absent and did not complete this task – or those who would like to edit the information they have already uploaded – go onto OneSchool to finalise their details as soon as possible. Students can complete this task at home, or visit the school library or C14, to access computers during lunch breaks.

Our Year 9s participated positively and with enthusiasm at our Athletics Carnival which was held on July 26! Some of our house-group captains worked with the Year 10s at our Pizza Stall to raise money for Caboolture State High School’s Student Council. A special thanks goes to Lacey Hill who made a particularly noteworthy effort at the stall!

On Tuesday, August 6 many of our students attended the Subject Selection Evening with their parents/carers to learn about Year 10 subject offerings for 2014 and the processes for selecting subjects on-line. The evening was well attended and informative.

This term, many of our Year 9 house-group captains have continued rolling out the school’s Rules for Respect at our year level assemblies on Tuesdays. The students’ creative and engaging presentations have successfully reiterated our school values. Callum Young, Steele Ford, Nikita Tierney, Jasmine Pocock, Brooke Springall and Shannon Gehrke have been particularly instrumental in the success of this initiative and their efforts must be acknowledged! This particular group of students have begun work on a project that will enable them to offer the cohort a special function in Term 4. Through their coordination of this event, they will further develop their leadership skills.

Another leadership opportunity that has been presented to our Year 9 students is Rotary International’s Rypen camp. Thanks to Intercept’s generous sponsorship, two deserving students – Angela McCasker and Corey Rufus - will be participating in the personal development program where they will learn more about their own capabilities and develop their leadership potential. We are sure they will find the camp to be a valuable and rewarding experience!

Over the past few months, we have closely monitored student uniform and found that 9F1 and 9F2 were recorded as being the best-presented classes. As a result, these house-groups were rewarded with a lunchtime cupcake party. Another event where student success was rewarded, was our All-rounders Excursion to Movie World on the Gold Coast. The students and staff who attended the excursion on Friday, 16 August enjoyed beautiful weather, fast rides and delicious treats. Congratulations, goes to all of these students!

I encourage our Year 9s to maintain their positive attitude and productive work ethic as we work our way through the semester!

Dee Marshman
Year 9 Coordinator

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**YEAR 10 REPORT**

It feels as though the past five weeks have focussed solely on the future for our Year 10 students! They have been carefully considering future career paths and subject selections in Access and, it seems, most classes through their many questions and queries regarding jobs and courses. Their main goal has been to complete the SET Plan process in OneSchool which has involved consideration of current subjects and results, goals for current studies and choices about Year 11. All of this work leads us to **August 26** and the SET Plan interview held here at school.

In other Year 10 news, we have had plenty of success lately, including the fantastic efforts of Shazura Lawrence in her recent Science ‘brain’ competition; and the debaters who are working their way steadily through the finals series, defeating some high level favourites along the way. Students have participated in our ‘Ute Day’ - a Beacon event – where they learned about different career paths; a Beacon excursion to Leyton; a poetry presentation organised by the English Department; a rugby league carnival; regional athletics; dance competitions; Ekka preparations – the list goes on and on for our keen and talented students!
A special mention must be made of those students who participated in the Athletics Carnival and particularly of Clare Chaplin, Matthew Chambers, Jetta Ferguson-Male, Mel Van Beelen and Jade Bastian who helped with the Pizza Stall where we raised a considerable amount of money for the student council – I couldn’t have survived the pizza rush without you!

With Year 11 just around the corner, it is gratifying to see our students step up their efforts in the class room and into leadership roles.

Mrs Courtney Burton
Year 10 Coordinator

SENIOR SCHOOLING

Year 12s - as you read this, you will probably realise that the end of year is approaching rapidly. We are already close to the September holidays and before you know it, you’ll be graduating. At this time, it is important not to lose focus and ‘slow down’ before the finish line.

The QCS test is fast approaching. On 3 and 4 September, all OP eligible Year 12 students will put all their hard work into practice. It is important to get a good night’s sleep during this time and have a healthy breakfast on both days. The school will put on a sausage sizzle for the students at lunch during these days.

Most of all, don’t procrastinate by “putting off” tasks you have to do. Complete homework and assessment tasks as you receive them - it will give you a great feeling of accomplishment. Don’t forget to remain focussed on the end of Year 12 and the many rewards excellent results will bring you.

For many of you, this year will form the foundation for years to come so give it your best shot. Give yourself plenty of encouragement, as you all have the potential to achieve your ultimate goals in life. Be sure to reward yourself along the way for jobs well done. REMEMBER, there’ll be plenty of time for fun after November.

A reminder that TAFE, Caboolture campus, is offering information evenings for schools programs for 2014 on 21 and 28 August, beginning at 6 pm.

Anthony Royter
HOD – Senior Schooling

AGRICULTURE WINS AT EKKA!

Students of Agriculture have been preparing for the Youth District Exhibits, as part of the EKKA, for several months. For the display, Mr Doyle and our Year 11 Rural Operations students built a mechanism to drive a mechanical female pig with suckling piglets. Year 12 Rural Operations students then built a wire frame with bird mesh over the top and then padding and covered the pigs with cloth. They were also responsible for the many animals that featured in the display, by cutting out wooden panels, painting, covering with grains and then joining these together. This process was greatly assisted by Senior and Junior Cattle Showing groups and thanks to other teachers, Mr Young and Mrs J D'Arcy, for assisting in organising students to perform this work. Other classes of Mr Doyle and Mrs Pedwell were also instrumental in processing the remainder of judging materials that needed to be gathered for the display.

Thanks to Dylan Hosking, John Dern and Jayden Bodley for their work assembling the backboard for this EKKA display with Mr Young and Ms Whippy. Other students also assisted in assembling the floor display for the competition the following week, with Alycia Wyllie, Georgia Young, Eliza Barber, Talena Taylor, Sandi O’Connell and Piper Young, joining the other three to do this and Mr Young and Ms Whippy assisting with the process on the day. Thanks must be given to Alycia Wyllie, Eliza Barber and John Dern for supervising the display on their weekends, and to Alycia Wyllie, Dylan Hosking and Eliza Barber for representing the school in the final judging and presentation.

The students performed exceptionally well this year, taking home prizes in:

- The Sir Frank and Lady Sharpe Special Prize – Awarded to the Winning Group
- The Sir Frank and Lady Sharpe Prize for Overall Winner - Youth District Exhibits
- AG & AE Brimblecombe Best Backdrop
- Best Visual Display of Grains on the Floor
- All Crowd Catering Best Overall Presentation and Quality of Produce
- Shellmac Distributors Most Points in Section One – First
- Most Points in Sub Section (VI) - Agricultural Produce
- Graham Rayner Memorial Award For Most Points in Sub Section (V) – Vegetables

Well done to all who participated! You should be very pleased with your achievements. A big thank you also goes to the teachers who assisted in the process. This is very much a team effort.

Mrs Pedwell
HOD - Agriculture/Senior Schooling
WORKPLACE PRACTICES – A GREAT SUCCESS!

In our previous newsletter, there was an article about the Years 9, 11 and 12 Workplace Practices, informing you about their intentions to run businesses at our Sports Carnival. It also requested parents to encourage their children to attend the event. There was huge attendance on the day, therefore we would want thank all the parents, students, businesses and staff who made this day a great success for the group. The group made a profit of $803 which was donated to the Year 12s to go towards buying the school gift.

Godfrey Chabikwa
Workplace Practices Teacher

ICT NEWS

eSenior

Our latest NSSCF addition has seen 100 Acer Windows 8 tablets added to our computer fleet. Some Year 11 eSenior students have been swapping their laptops for these to access the extra functionality they provide. No doubt students will be in the new mode so quickly that they’ll find themselves swiping and tapping desktop and laptop screens and wondering why they don’t ‘work’!

Applications are open to Year 10s for next year’s eSenior program. Information and the Expression of Interest form can be found here.

‘Year 11s Mitchell Orupold, Maddison Bathurst and Mikayla Wyeth with their new eSenior laptops’

Cats that got the cream

Our Graphics and CAD teachers and students are pretty happy right now thanks to a new computer set up in their lab.

The students reckon it’s great to have dual monitors where they can have their project on one and information and resources on the other. And rendering has become a much faster process thanks to newer, faster video cards. So if happy learners learn well, I guess we can expect to see some great some things!!

‘Tristan Jordan, James Adams-O-Toole and Kenneth Reid enjoy the new look Graphics lab’

‘Caleb Spinks and Bradley Frost using Revit’

Carolyn Bradley
HOD - ICT Services

SCIENCE NEWS

LOCAL STUDENTS COMMENDED FOR THEIR ACADEMIC PERFORMANCE IN THE INTERNATIONAL COMPETITIONS AND ASSESSMENTS FOR SCHOOLS (ICAS) SCIENCE COMPETITION.

Students from Caboolture SHS achieved outstanding results when they participated in ICAS this year. Those students whose achievements were outstanding were rewarded with Certificates of Credit, Distinction and High Distinction.

The ICAS suite is developed by Educational Assessment Australia (EAA), UNSW Global Pty Limited*. For over 30 years EAA has been delivering ICAS to Australian students.

‘The International Competitions and Assessments for Schools are independent evaluations of students’ skills and knowledge in core learning areas and provide insight into students’ understanding. The skills and understandings tested are important indicators of success in school and beyond,’ said Nick Connolly, Senior Manager Test Development at Educational Assessment Australia, UNSW Global. ‘I would like to recognise the participation of students from Caboolture SHS with certificates and congratulate them on their efforts and achievements.’

This year we had a total of 59 students participating in the science competition. The group achieved 7 Distinctions, placing those students in the top 7% of Queensland students, 9 Credits, top 25% of the state and 43 Participation Certificates. These results saw the student’s average above the Queensland average in Years 9, 10 and 12. I would like to thank Graham
Everett for coordinating this year’s event as well as the participating students and their parents/carers for taking the time to be a part of this competition.

I have to thank those who took the time to have a look and play with the variety of interactive items on the Science display at our recent Year 7 into 8 Parent Information Night and the Year 10 into 11 Subject Selection Evening. I would also like to acknowledge the work of our two Scientific Operations Officers, Jackie Reddaway and Marnie Hrsto, for their work in setting up and taking down the displays. Thanks also to Peter Ryan who attended both evenings.

Meanwhile in class, our Year 9 students have been studying the anatomy of the human body. This unit does mean that students get the opportunity to not only learn the theory of how the body functions, but they also get the chance to dissect a variety of mammal organs within the classroom. It’s interesting to see the range of reactions from the students when you start an activity such as this. Many students who say they can’t watch end up as avid viewers or participants by the end of a lesson.

Brain Break parent challenge: What uses more electricity? Running a small air conditioner for an hour or charging 100 mobile phones?

Three students from Year 12 Ancient History – Shontelle Broom, Maeghan Catchpole and Rhani Hurt – helped out with the Year 10 into 11 Subject Selection Evening on 6 August. My thanks goes to those students for their help.

Year 11 and 12 Ancient History Excursions are coming up at the end of August and mid-September. The students are eagerly looking forward to these excursions.

Ms C Harman
Ancient History Coordinator

ANCIENT HISTORY NEWS

On 29 July, Year 12 Ancient History students attended a Movie Night as part of their final semester studies of Ancient China and India. The students watched “Ashoka”, based on the history of the Ashoka the Great of the Mauryan Empire of India and “The Last Emperor”, which presented students with many beautiful images of Chinese customs and traditions. A great night was had by all. A big thank you goes to Mrs Creffield and Mr Keehn, who helped out on the night.

WAYNE HOOPER
HOD - Science

BUSINESS & SOCIAL SCIENCE NEWS

Our faculty has been involved in a host of activity already this term. Year 11 Geographers had their main field trip to the Sunshine Coast and Year 11 Business Communication and Technologies engaged with industry via an excursion to Laserzone, where students experienced how a business operates.

Middle school students are working on History and Geography units and parents are encouraged to ask their students about their studies in this area. Senior Legal Studies recently visited the Queensland University of Technology and Supreme Court Law Libraries and both year levels are currently involved in Inquiry Tasks of their own choice. Senior Information Technology Systems students are involved in a real-world simulation of creating a Network design for a small business, Go Golf World. Work Practices students have been busy with their Business Plan units and have been organising sales of their products which are going well.

Mid-semester assessment is not far away, so students should be organising their work in preparation for these important assessment points in their studies. This is a particularly crucial time for Senior students leading up to QSA verification meetings. Best of luck goes to our business and social science students with these tests.

We hope to see many parents at the upcoming parent-teacher interviews, where we can discuss your child’s progress.

MR S KEEHN
HOD - Business & Social Science
ARTICULATE STUDENTS EXHIBIT
THOUGHT PROVOKING WORKS

If a picture paints a thousand words then these students have certainly done their research.

Imogen Lee, Jesse Lee, Jessica Barron and Jacenta Horne, four of our fine Senior Year 12 Visual Art students, were recently invited to participate in the art exhibition ‘ARTICULATE’, held at the HUB GALLERY of the Caboolture Regional Art Gallery here on King St. These students resolved carefully considered positions on a range of topics from the psychological (mental health, the mythological), the aesthetic (poetry, arts and crafts movement) and the ethical (love or money) with wit, humour, playfulness and sensitivity.

Imogen Lee’s ‘Skinny Love’ (scales), ‘Barbie Girl’ (black and white photographs), and ‘A Modest Timeline’ (colour photograph) 2013.

Photographic Interactive piece, in her own words “aim to bring to light a somewhat controversial view on body image and the media and advertising surrounding it, as well as looking at the impact that society and its views can have on a person. My body of work focuses on the effects of mass media and advertising on the body image of others, particularly the influences of advertising and media regarding mental illness”.

Jesse Lee’s piece ‘The Deer’ closely linked with ‘the arts’ and ‘nature’ can be interpreted as an allegory or symbol of strength and purity through seasonal representations and poetry.

Jessica Barron investigates optimism in her time based, three minute filmic piece ‘The Waiting Room’. She explains – “Having struggled with self-confidence and philosophical issues in the wake of the most important year of my senior schooling and having seen others do the same, my body of work focuses on celebrating our existence and promoting self-confidence by acknowledging our significance through everyday settings’.

Jacenta Horne’s playfully interactive piece ‘Love or Money’ investigates the direction and value of our lives through her work focussing on choices and determinants; particularly Love and Money. The suitcases she packs with personal objects from Polaroids to pearls, allow Jacenta to ‘form an autobiographical view of my own values toward love and money. By being opened, they invite the viewer in to explore and thus motivate them to reflect upon their own values’. And, with one of her own non monetary pearls, reminds us of perhaps where we best stand articulating what we perhaps know but must be reminded to do. “Each individual has their own pathway in life” says Jacenta, “based on love. Now, pack your own suitcase. Create your own pathway!”

Jenny Chirnside
Art Teacher

LIFESTYLE TECHNOLOGY NEWS

Come dine with us, support your school and community at the same time. As part of the Year 10 Food Studies Program, students explore the skills and logistics necessary to plan and deliver a fully catered event. Two classes have undertaken community fund raising luncheon projects this year.

On 4 September, we will be hosting a lunch to raise awareness and funds for the Legacy Foundation. This coincides with legacy week and we have planned a delicious three course menu and will have guest speakers and entertainment.

The Legacy Luncheon for Legacy week
Wednesday, September 4 12:15-1:45
A delicious lunch for a great cause

The catering students of Caboolture State High School cordially invite you to join us for a 3 course luncheon in the beautiful gardens of our school. Tickets are $30 per head and include an alternate drop of the menu below, fresh juice/iced tea and tea or coffee.

We cater for all dietary requirements but please let us know upon purchasing your ticket.

This project is aimed at raising awareness and funds for the good work carried out by the Legacy Foundation.

If interested, you may book by contacting Rob Branch at rbran45@eq.edu.au

Entrées
• Prosciutto spinach & feta scrolls
• Arincini deliciously crispy fried risotto ball served with a deep rich roasted red pepper coulis.
• Prawn salad of school grown leaves fried leeks avocado and a sweet lime dressing.

Mains
• Charred lamb with tabouli & yogurt and roasted Mediterranean Vegetables.
• Chicken & prosciutto parmesinga with slow roast tomatoes thyme and creamy mashed potatoes.
• Chill seafood & tomato spaghetti with fresh garden herbs.

Desserts
• Moist lemon dessert cakes
• Trifle The traditional favourite made new, berries, cherries, fresh fruit jelly, sherry soaked sponge cake layered with creamy custard.
• Dark chocolate mousse with a white chocolate swirl.
• Tea and Coffee
12 September is the Youth Services Outreach lunch aimed at aiding awareness and services for the ever growing population of homeless Youth in our community. Again your support would be very welcome.

**Kids Helping Kids**  
**Youth Outreach Services**  
**Charity**  
**Garden Luncheon**

**Thursday, September 12 2013**  
**12:15 to 1:30pm**

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**Entrées**

- Coconut prawns salad  
  Crispy coconut prawns tossed with Asian green salad finished with a sweet lime dressing
- Thai lemon grass beef skewers  
  Prime beef marinated in Thai herbs and spices skewered with lemon grass and served with a green paw paw salad
- Prosciutto & Asparagus Stuffed Portobello Mushrooms – on a parmesan croute

**Mains**

- Sticky pork spare ribs  
  Tender sweet sticky pork ribs with creamy garlic mash potato, wilted greens and a cream mustard sauce
- Pasta carbonara  
  Smooth creamy pasta sauce tossed with linguine, persuitto, parsley and topped with Parmigiano-Reggiano cheese
- Slow-Cooked Ossobucco  
  Slow-cooked cross-cut veal steak served on buttery mashed potato, baby carrots and braised leeks

**Desserts**

- Trifle  
  The traditional favourite made new, berries, cherries, fresh fruit jelly. Sherry soaked sponge cake layered with creamy custard
- Chocolate fudge  
  To die for homemade fudge served with fresh strawberries and berry coulis
- Mini Pavlova – Individual Pavlova topped with freshly whipped cream and sweet spring fruit

**Tea and coffee**

The students are very excited about the charity lunches and really feel they are part of a greater good thing but without support from our community, it could all be for naught. So please, if you have the time, or can make the time, treat yourself to wonderful lunch and go home with that warm fuzzy feeling of helping your community. If you would like to book for either of these lunches, contact me directly rbran45@eq.edu.au, thank you.

SeaWorld H.O.T.E.L School is on again, and this year, thirteen Year 11 and 12 students are gaining first-hand experience in every department of the SeaWorld Nara Hotel. Even as I write this, students are working in room service, conferencing and reception and are looking forward to shifts in the kitchen, maintenance, stores, events and the restaurant. It’s not all work however, as after shift, the students are invited to use the Resort Facilities and experience the Hotel from a guest’s perspective. This includes dinner and lunch in the Hotel restaurant and all entertainment and facilities. I would like to thank the Lions Club of Caboolture for their generous sponsorship of one of our less privileged students to attend the program.

Year 11 students catered for a teacher aid conference and workshop held in the new Year 7 building next to E block. Over two days, the students produced and served morning tea and lunch for 100 people. The feedback was overwhelmingly positive, we received many thank you notes for our efforts and have been asked if we would be available for a similar function in Term 4.

Year 12 students have designed, produced and served a wonderful two course meal based on the menu we ate on our recent field trip to the Royal on the Park. Their brief was to create a quality Restaurant meal and serve it in the limited time teachers have for lunch. Here is their menu:

**Mains – Alternative Drop**

- Beef fillet Mignon with sherry thyme demi-glace and also with burnt garlic mash potato with batons of beans and carrots
- Chicken stuffed with camembert cheese with a berre blanc & herbs with rustic chips and a garden salad with a homemade dressing.

**Desserts – Alternative Drop**

- Chocolate brownie with homemade vanilla ice cream and a strawberry coulis.
- Trifle (sponge cake soaked with sherry and jelly also with cream, custard, strawberries and cherries)

This function was well attended and again, with very positive feedback, the largest complaint being the Fillet Mignon was too big and that teachers might have trouble getting to last period lessons!!

Thank you to all teaching staff who attended.

**Rob Branch**  
**Lifestyle Technology Teacher**

**RUGBY LEAGUE GIRLS AWARDED FOR THEIR EFFORTS**

Over the past few months, girls from Years 9 to 12 have been competing in both school and club rugby league competitions. While the club games have been under the Caboolture Snakes banner, the entire team have been students from Caboolture State High School. During the 2013, 9-a-side season, both the Under 15s and Under 18s girls have put in many hours in after school training sessions here at school, lunch time training
sessions and their Friday nights for a 10 week season. Both teams had huge successes in making the Grand Final played at the Sunshine Coast and their efforts didn’t go unrewarded, with 7 girls from the U18s team, and 6 girls from the U15s team being selected for the Sunshine Coast Falcon’s representative team. On top of the club competition, the U15s recently played at Kingaroy in the inaugural U15s 9-a-side day, and had a huge success finishing third overall and only four points behind the leader.

During August, the girls were rewarded for their efforts in Rugby League with a school trip to the Broncos vs St George game at Suncorp Stadium. A huge thank-you must go out to Chris Little for organising this event for the girls, they all had a blast! Finally, thanks goes to the captains of both the Under 15s and Under 18s teams, Emma Law, Jenna Rose- Weraiko, Skylah Hill and Michaela Grant for all their extra efforts in rounding up the girls for training, and the constant encouragement. Well done to all the girls, looking forward to the continued success for the rest of the 9-a-side competitions in 2013 and into 2014!

Kristy Paskin
Girls Rugby League Coach

FRASER - JUST FANTASTIC!!

Fraser has enjoyed one of its best Athletics Carnival performances for many years. We had great participation in the pre-carnival events and on the day and also some outstanding individual performances. Our 16 year boys deserve special mention - in numerous events, they dominated the ribbon positions, coming first, second, third and sometimes also fourth - well done Randall Hartley, Kerwin Conway, Caleb Spinks and Josh Madeley. Randall went on to compete at District level and came Runner-up Age Champion which is a fantastic effort.

Our house captains, Robbie Parsons, Jenna-Rose Weraiko, Emily Toohey, Makara Forbes and Regan Doo worked hard throughout the carnival program, regularly visiting house groups to let them know what events were on and to encourage participation. Other Year 12s to pitch in and show great leadership and house spirit were Mikaela Fraser, Regina Aiiloilo and Amanda Armstrong - thanks girls!

‘House Captains, Robbie and Jenna leading by example’

‘16 Boys - Kerwin Conway, Joseph Carter, Caleb Spinks and Randall Hartley’

‘Can’t catch Daniel Brooks’

‘Anastasia Baggley helping the U16s out’
Carolyn Bradley  
Fraser HOD  
TUCKSHOP NEWS  
Roster as follows:

<table>
<thead>
<tr>
<th>Aug 26</th>
<th>Sep 4</th>
<th>Sep 13</th>
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<tbody>
<tr>
<td>Sandrea</td>
<td>Debbie</td>
<td>27</td>
<td>Lauris</td>
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<td>27</td>
<td>5</td>
<td>16</td>
<td>Desley</td>
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<td>Tanya</td>
<td>6</td>
<td>17</td>
<td>Lauris</td>
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<tr>
<td>Pat</td>
<td>9</td>
<td>19</td>
<td>Adrienne</td>
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We wish everyone an enjoyable and safe break.

*Diane*  
*Tuckshop Convenor*

**MANY FAMILIES NEED SUPPORT FROM TIME TO TIME**

Do you or does someone in your family need support?

At Caboolture State High School, we realise all people face challenges at times. That is why we have partnered with “qldLink”. If you are experiencing personal or family problems and think you could benefit from support, the school can refer you to qldLink.

qldLink is a unique service that will organise a support service to contact you directly and, at no cost, will work with you and/ or your family.

Areas of support include family conflict, grief or bereavement, financial stress, drug or alcohol issues, parenting support, mental health concerns, support as a carer and victim support.

If you would like to be referred for support, for any reason, please speak to Mr Ross Palmer, Guidance Officer, to discuss a referral to qldLink. qldLink will ensure your details are kept private and confidential.

**AUSTRALIA’S PHYSICAL ACTIVITY RECOMMENDATIONS FOR 12-18 YEAR OLDS**

Did you know that if you’re between 12 and 18 years old, you need to be doing at least 60 minutes of moderate to vigorous physical activity every day to keep healthy? And you shouldn’t spend more than two hours a day surfing the net, watching TV or playing video games? (Unless of course it’s educational!)

Walking, skateboarding, playing sport and heaps of other activities are not only good for you, they give you a chance to spend time with friends and make new ones. So get active, enjoy life and have fun!

**Great reasons to be active:**

Being active is good for you in so many ways. It can provide a huge range of fun experiences, make you feel good, improve your health, and is a great way to relax and enjoy the company of your friends.
Some of the benefits of being active include:

- It’s a great way to have fun with friends and make new ones.
- It’s an opportunity for new skills and challenges.
- It can boost your confidence.
- It can improve your fitness.
- It can make your bones and muscles stronger.
- It can improve your posture.
- It can help you maintain a healthy weight.
- It improves the health of your heart.
- It can help you relax.
- It reduces stress.
- It can help you maintain healthy growth and development.

How much?

You need to do at least 60 minutes of physical activity every day. But don’t stress, you can build this up throughout the day with a variety of activities. And remember, you can always do more if you want to!

How hard?

It’s not hard! Your physical activity should be done at a moderate to vigorous intensity.

There are heaps of fun ways to do it.

- Moderate activities like brisk walking, bike riding with friends, skateboarding and dancing.
- Vigorous activities such as football, netball, soccer, running, swimming laps or training for sport.

Vigorous activities are those that make you “huff and puff”. For additional health benefits, try to include 20 minutes or more of vigorous activity three to four days a week.

What is the best activity to do?

Any physical activity is good for you. Try to be active in as many ways as you can. Variety is important in providing a range of fun experiences and challenges and gives you an opportunity to learn new skills. There are easy things you can do out of habit that will be good for you. For example, you can walk the dog and replace short car trips with a walk or a bike ride.

Physical activity can be part of:

- Games
- Sports
- Having fun with friends
- Getting to places (walking, cycling and skateboarding)
- Dancing
- School or family activities.

What about TV and computer games?

Watching TV, videos or DVDs, surfing the net and playing computer games can occupy a lot of your spare time. And while these may be fun, they usually involve sitting still for long periods.

Research has shown that watching TV for more than two hours a day when you are young is associated with being overweight, having poor fitness, smoking and raised cholesterol in adulthood. So try to limit the amount of time you spend watching TV, videos or DVDs, surfing the net or playing computer games during your leisure time (homework doesn’t count, sorry...), especially during the day, and on weekends, when you could be out doing something fun and active!

What if I’m not very active?

If you are not currently doing much physical activity, try and build up to 30 minutes a day with moderate activity such as walking or bike riding. Then steadily increase the time spent being active until you reach the goal of one hour or more each day.

For more information:

www.healthyactive.gov.au

Other resources that you may find useful include:

Everyone wants to be more active. The problem is getting started.

National Physical Activity Guidelines for Adults
Food for Health, Australian Dietary Guidelines for Adults, Children and Adolescents
Australian Guide to Healthy Eating

Stay safe & stay healthy,
Marie Pritchard - Youth Health Nurse

Free Breast Cancer Screening in
Caboolture
Suite 5 Lakes Centre, 8-22 King St, Caboolture
Saturday Appointments Available
This FREE service is available to all women aged 40 and over. Women aged 50 - 74 are particularly encouraged to attend.
No doctor’s referral is needed
Phone 13 20 50
SCHOLARSHIPS
FOR THE CHILDREN AND GRANDCHILDREN
OF EX-SERVICE MEN AND WOMEN

The Australian Veterans’ Children Assistance Trust is a not-for-profit organisation. AVCAT administer scholarships to help children and grandchildren of the Australian ex-service community with the costs of full-time tertiary education. The most deserving candidates are selected on merit and who, without our help, would be unable to start or complete studies without financial difficulty.

For more information or to apply, contact
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T 02 9213 7999 or 1800 620 361 (voice/mob)
E avcat@dva.gov.au  www.avcat.org.au

APPLICATIONS OPEN AUGUST 18

“The long term scholarship was invaluable help; it allowed me to concentrate fully on becoming the best doctor I could be”