21 October 2013

FROM THE PRINCIPAL’S DESK

Dear parents/caregivers,

Welcome back for Term 4. This is a very busy term, especially for our Year 12 students who now have only 4 more weeks of school to go before they finish their educational journey with the school. I wish them all the best over the next few weeks and with their final assessment tasks. Year 12 end of year exams will commence on Thursday, November 7. Parents are reminded that Year 12 students are only required to attend school for their scheduled exams and they must be in full school uniform, including correct footwear.

We farewell our Year 12 students at the Valedictory Ceremony on Thursday, November 14. This is an invitation only event and students are required to wear their formal uniform for the Valedictory, including the correct shoes. Students who do not attend the Valedictory will be required at school on Friday, November 15 to complete QSA attendance requirements for certification. I look forward to seeing all Year 12 students and their parents/carers at the Valedictory ceremony.

Congratulations to our Year 12 students for your formal. It was a great night enjoyed by the students and a large number of staff.

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

We continue the celebration of student success at our Awards Night on Tuesday, October 29, where we will recognise the outstanding academic, artistic and citizenship achievements of our students. This year, we are beginning a new initiative where we are acknowledging and celebrating the successes of past students with their induction into our ‘Wall of Excellence’. Our first three inductees will be announced on this night. I invite you to join with staff and celebrate the successes of our many exceptional students, both past and present. The evening starts at 7.00pm in the hall.

Early this term our Year 9 students received their NAPLAN results. The results were, overall, very good with the school’s results improving again this year for the third consecutive year. Congratulations to all the Year 9 students and their teachers who have worked very hard to achieve these excellent results.

It is pleasing to see individual student and the school’s results improving each year.

Thank you to all parents and carers who completed our survey about our new Holistic Teacher/Parent interviews held in late July. The results of the survey were very supportive of the new format with over 70% of respondents finding the interviews valuable and the majority of parents and carers preferring the combination of subject based and holistic interviews.

At our next Parents’ and Citizens’ Association meeting is on this Wednesday, October 23 beginning at 7pm. Please join us at this meeting.

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

Regards,
Jim Box

YEAR 9 REPORT

The last few weeks have been business as usual with students focused on managing their academic responsibilities and exploring some of the extra-curricular opportunities and school events offered by Caboolture State High School.

On 26 August, our inaugural Holistic Parent teacher interviews were held. A big thanks goes out to parents and caregivers for attending this important evening which allowed us to work together to track and monitor students’ academic, career and personal goals.

Recently, our Year 9s have been developing their leadership skills in a number of ways. In Week 8 of Term 4, the house-group captains conducted a STAR analysis with their peers, collecting ideas and information to inform future developments within our school community. I would like to acknowledge our student council representatives for sharing these ideas on behalf of our Year 9 cohort at the student council meeting. Our house-group captains also gave up time to serve breakfast to Year 12 students who were sitting the QCS tests on 3, 4 and 5 September. Thank you students, for supporting our seniors!

Another leadership opportunity accessed this term was Rotary International’s Rypen camp at Cross Ridge in Coolum. Angela McCasker and Corey Rufus attended the camp between 6 and 8 September. The camp presented them with a series of ideas, problems and social experiences which helped them in
developing their own values, moral standards and leadership qualities by broadening their horizons culturally, socially and academically. We are very proud of the way Angela and Corey represented our school and were pleased to know that both students found the experience worthwhile.

In Access, students engaged in a cyber-bullying unit at the end of Term 3. The program allowed students to participate in activities designed around workshop scenarios, learning websites and videos which explored the topic. Ms Kristy Paskin and Ms Sue Leishmann concluded the unit by working with their very talented students in 9M3 to produce a moving and thought-provoking PhotoStory. This short production was screened at our first assembly this term and sent a very clear and sincere message that students at CSHS actively foster an inclusive community spirit where each individual is valued and respected. I am very proud of the teachers and students for taking the initiative to organise this project and for sharing their very important message with all Year 9s! Well done, 9M3!

Following on from this, students were audience to a powerful documentary and PowerPoint delivered by Youth Support Coordinator, Yanina Mollenhauer, from Intercept Youth & Family Service. We thank Yanina for the work she did in putting together the valuable presentation which addressed issues related to bullying.

School reports have now been issued for Term 3 with so many of our students receiving excellent results! I am happy to commend the Year 9s who have been working to capacity to achieve their potential at school. As our key priority here is learning, I would like to encourage students to continue demonstrating a positive, focused work ethic all through Term 4!

Dee Marshman
Year 9 Coordinator

The aim of these awards is to encourage students to continue to work hard so they can follow their career goals. The award winners were presented with a certificate, $100 gift voucher and an invitation to attend a function at QUT to celebrate their award. Well done to our students, for their hard work and for being acknowledged with these awards.

Courtney Burton
Year 10 Coordinator

On Friday, 20 September Caboolture SHS Open Mixed touch team successfully defended their title from 2012 in the Annual Bribie Touch competition. Our team performed exceptionally well, remaining undefeated through three games and going on to win the Grand Final 2 – 1 against Gympie SHS in a very high quality game.

This carnival provides an excellent pre-cursor to the All Schools Touch competition where this team hopes to continue the tremendous success they have achieved over the past two years and we wish them the best of luck.

Dave Maher
Sport Coordinator

ICAS MATHEMATICS COMPETITION
AND THE AUSTRALIAN MATHS COMPETITION.

On Tuesday, 13 August, 46 students participated in the International Competitions and Assessments for Schools (ICAS) Mathematics Competition. The ICAS competition attracts students from schools around the world. The competition assessing mathematical ability in the areas of algebra, arithmetic, consumer arithmetic, problem solving and geometry. The ICAS competition offers a number of awards including special prizes, certificates and math trophies.
student entries from thousands of schools in Australia and New Zealand annually. In addition, students from over 20 countries including Hong Kong, India, Malaysia, Singapore, South Africa and the USA participate in ICAS each year.

Each test consisted of multiple choice and short response questions designed to assess students’ academic ability in Mathematics and provide insight into students’ understanding. Students should be congratulated on outstanding results with 29 participation, 12 credit and 5 distinction certificates.

In another challenging Maths contest, (the Australian Maths Competition), many of our students excelled, competing against a large number of other schools in Australia and overseas. All students deserve to be congratulated for participating, as this is one of the toughest academic competitions. Our students received 22 Participation, 2 Proficiency, 15 Credit and 8 Distinction certificates. Well done to everyone who took part! Special mention needs to go to those students who received Distinction and Credit certificates, listed below.

<table>
<thead>
<tr>
<th>Distinction Certificates:</th>
<th>Riley Gall, Shazura Lawrence, Bianca Robinson, Kieran Worthington, Callum Young.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Credit Certificates:</td>
<td>Anastasia Baggley, Mitchell Bastian, Jaiden Blundell, Nicolas Cruz, Abigail James, Adrienne-Joy Hutt, Leon Manuel, Joseph Marsters, Lauren Stack, Daniel Walters, Alycia Wyllie, Matthew Wyllie.</td>
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A CLASSIC DAY WAS HAD BY ALL!

On Friday, 30 August, Year 11 Students of Ancient History undertook their Greek Excursion to Brisbane City to collect valuable information for their Greek Multi Modal Presentations later in the semester.

With an early start, we travelled to the University of Queensland where museum staff conducted a tour of the Antiquities Museum, followed by a workshop where students were able to hold and examine ancient artefacts, try on replica ancient armour and handle replica ancient weapons. Students commented that the museum was awesome but they loved the hands-on workshop as they were able to hold items belonging to ancient peoples.

At lunchtime, students had a banquet at the Greek Club and Convention Centre. They were able to try Greek delights over three courses and, for some, it was their first experience of Greek food.

After lunch, students were given a tour of the magnificent Greek Orthodox Church of South Brisbane. It was a wonderful way to finish the day with a great bunch of students.

Congratulations to the students for their excellent behaviour and manners, neatly-presented formal uniforms and good company. My thanks must go to Mrs Creffield, for her assistance and good humour on the day.

Ms C Harman
Ancient History Coordinator

A SPIRITUAL JOURNEY TO THE EAST

On Thursday, 19 September, students of Year 12 Ancient History travelled to Brisbane City to investigate a number of Asian religions associated with their unit on “The Religions of Ancient China and India”.

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

Next we ventured to Chinatown in Fortitude Valley for a delicious Chinese banquet at the Enjoy-Inn. Students were then able to explore all the sights and sounds of Chinatown.

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

In the late afternoon, we toured the Evergreen Taoist Temple at Deagon. With all its paintings, statues, murals and grand doors, this temple is a magnificent structure. Of particular interest were the principles of Yin and Yang, Feng Shui and the symbolism of the various offerings to the gods.

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

Ms C Harman
Ancient History Coordinator

WORK EXPERIENCE AT THE ANTIQUITIES MUSEUM

On the September school holidays, Daniel Canisi and Shontelle Broom of Year 12 Ancient History undertook work experience at the R. D. Milns Antiquities Museum at the University of Queensland. It was fantastic that two students from Caboolture State High School were given this opportunity with two other students, one from All Hallows’ School and the other from Mary MacKillop College.

Shontelle and Daniel spent their time learning the routines of the Honours and PHD students who work at the museum. They were involved in writing a condition report for an artefact; investigating the Suncorp Stadium Dig; looking at the work of a museum curator; investigating the University Library; and looking at how to put together a museum display from beginning to end as a special project.

Shontelle – ‘It was an unforgettable experience that I will treasure forever.’

Daniel – ‘For three days, I was able to partake of a work placement with the R.D. Milns Antiquities Museum. I am so glad that I took this fantastic opportunity as it meant I was given the chance to handle ancient artefacts and learn from some of UQ’s brightest.’

The Museum Outreach Officer, Ms Jessica Dowdell, who was in charge of the work experience, was very impressed with the work of Daniel and Shontelle, describing them as excellent students and said they were very engaged with all the planned activities. Congratulations to Daniel and Shontelle.

Ms C Harman
Ancient History Coordinator

HISTORY STUDENTS WORKING HARD TOWARDS SUCCESS

Students of Ancient History, Modern History and Junior History at Caboolture State High School have been working very hard preparing their entries for the Queensland History Teachers’ Association Historical Writing Competition in September/October. We would like to congratulate the following students for submitting entries in this year’s competition:

<table>
<thead>
<tr>
<th>Year 12 Ancient History</th>
<th>Daniel Canisi, Jayde-Elle Ford, Catherine Whitchurch.</th>
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<tbody>
<tr>
<td>Year 11 Ancient History</td>
<td>Jade Pennington, Dana Pocock, Pace Proctor.</td>
</tr>
<tr>
<td>Year 11 Modern History</td>
<td>Rhiana Rabius, Caleb Spencer, Emma-Jane Williams.</td>
</tr>
<tr>
<td>Year 10 History</td>
<td>Shazura Lawrence, Isaac Lee, Jacinta McCarthy.</td>
</tr>
<tr>
<td>Year 9 History</td>
<td>Kate Brown, Katie Offer, Callum Young.</td>
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Well done to all students involved. Results will be announced in October. We encourage you to enter the QHTA Historical Writing Competition for 2014.

Ms C Harman
Ancient History Coordinator

ARTS UPDATE

INSTRUMENTAL MUSIC DAY

Instrumental Music Day was an outstanding showcase of the talent within our school and the productive partnerships we have with our feeder primary schools. On the last day of Term 3, students participating in the Instrumental Music Day attended a Master-class and presented a lunch time concert for parents, students and staff. The day celebrates the commitment and spirit of those who contribute to the Instrumental Music program and we look forward to continued growth and strength into 2014 and beyond. A big thank you goes to Mrs Moore, our Instrumental Music teacher, for her coordination of the day and ongoing dedication to our program.

DANCE NIGHT

‘Do You Think You’ve Got What It Takes?’ was this year’s Dance Night; a thoroughly entertaining production. The audience was taken on a journey of performances from hip hop to jazz, ballet to contemporary, and jive to cultural dance. The breadth and depth of dance styles presented was impressive and went a long way to indicating the standard of Dance in our school. In between acts, we were amused by our talented and personable host and judging panel and their confident delivery of classic one-liners. Thank you to Mrs Beaumont and our China Trip supporters who provided a sausage sizzle and the canteen for the evening. Thank you to Mr Keehn and the Tech Crew, for the skilled management of the technical aspects of the production. Thank you to our Dance students for their
ongoing commitment to dance. And last but not least, a huge thank you to Mrs Dann and Mrs Bell, for their organisation of the night. It was a stellar production and one that deserves the highest of accolades.

Amy Wood
HOD The Arts

OPERATION CARE PACKAGE

During Term 3, The Work Readiness classes of Miss Kelly and Mrs Yelland were involved in an enterprising project to collect items for and make up care packages to be sent overseas to South East Asia.

Students learnt how rewarding it is to give to those less fortunate and we all learnt just how generous our school community is with a final tally of 75 shoeboxes and monetary donations of $465.80 which will be sent to the Samaritans Purse organisation.

Thank you to everyone who donated goods or money and a special thank you to those who were especially generous.

We would like to acknowledge Ms Harman’s 9B1 house-group and Mrs Day’s 11S2 house-group for the wonderful efforts they made contributing four and three shoeboxes respectively and also the Fargher and Dougan families for their fantastic contributions, which filled a couple of dozen or so boxes.

Miss Kelly and Mrs Yelland
Work Readiness Teachers

AT THE FARM

Students have been planting corn, watermelons and pumpkins, and have been propagating new shrubs and harvesting peas, beans and zucchinis. The cattle are being handled and the horses are being exercised regularly.

Students in Year 10 Animal Husbandry have been preparing their research trial that they have been working on since April which will be judged this month. Good Luck students. They are also preparing the poster relating to their research trial and this gets judged by Department of Forestries and Fisheries personnel on Friday, 18 October.

Students will again be harvesting honey this term. We hope for some rain soon to boost supplies of honey and the crops.

HOD Agriculture/Senior Schooling
Kaye Pedwell

FRASER VICTORY!

We did it! And how sweet it was to put a dent in Moreton’s recent domination of our sporting carnivals. There was much celebration at our final house meeting. Key presentations included:

| Under 16 boys athletics Age Champion: | Randall Hartley |
| Best represented house group at the athletics carnival: | 8F1 |
| Most successful athlete for 2013: | Jenna-Rose Werahiko |
Now the challenge remains to see whether our all-round school participation and success will earn us enough points to win the coveted champion house for 2013. Time will tell…

SLEEP + YOUNG PEOPLE

We sleep so we can be active, focused and feel good during the day. Almost everyone has had a bad night’s sleep and knows what it feels like. We know that young people are more likely to experience problems with their sleep because of all the changes occurring in adolescence. Everyone is different and our need for sleep changes over time. What’s important is finding a balance that allows us to get the sleep we need as well as achieve our goals and have fun during the day. SO… what’s the right balance for you?

Adolescence and Sleep

The sleep of 15–25 year olds:

Sleep is super important and it changes during adolescence. As you enter adolescence, natural hormone changes shift your body clock and cause changes to your sleep patterns. Your body clock regulates many of your body’s patterns, including when you sleep and when you wake up. It’s normal to want to go to bed later than you used to, but the amount of sleep you need actually increases at this time. Making sure you get enough sleep can be tricky, but it’s important to find the right balance so you can be alert and energetic during the day and feel good about yourself. Whilst the ideal amount of sleep will vary from person to person, if you find you are:

- Feeling tired in the mornings or after lunch
- Having difficulty concentrating and remembering things
- Feeling more irritable than usual
- Feeling less energetic

- you’re probably not getting enough sleep. Sleep deprivation can become like a vicious cycle that is often avoidable. Our basic sleep / wake cycle impacts all aspects of our life. Sleep affects our physical health, our learning and concentration, our activity levels, emotions and relationships.

Relaxation Skills – Coping with Stress

Learning to relax is an important life skill and can help to improve your sleep. It may sound simple, but learning to breathe in a calm and controlled way is an easy relaxation strategy that you can use before you go to bed or if you wake up in the night and find it hard to fall back to sleep. Think waves, rhythmic sounds lapping on a beach… see it… breathe the sound out through your mouth… give it a go!

1. While sitting or lying down, make yourself as comfortable as possible.
2. Take a deep breath and let it out slowly. Repeat this once.
3. Close your eyes. Focus your mind on breathing.
4. Breathe easily and gently with no effort.
5. Breathe steadily over 3 seconds.
6. As you breathe out steadily over 3 seconds, say to yourself ‘relax’ while letting all your muscles go loose and floppy.
7. Keep repeating this in a 6 second cycle (3 seconds in and 3 seconds out) over and over until you find yourself feeling calm and relaxed.

TIP: Long sleep-ins on the weekend to catch up on sleep make your body clock think you are jet lagged – and the effects can last for days. Getting up at a similar time every day can help to avoid this, and will make it easier to fall asleep at the right time.

What can prevent a good night’s sleep?

- Exercise right before sleep
- Feeling hungry
- Computer screens left on – they have a type of light that keeps you awake. Try shutting down the computer an hour before you want to sleep.
- Messed up body clock – different wake and sleep times and no routine.
- Caffeine – poor sleepers should have less or no caffeine.
- Nicotine and Alcohol – smoking tobacco is a stimulant and can make your dreams more vivid and make it harder to fall asleep. Alcohol does not help sleep. It can make you drowsy but the sleep you get is more likely to be disrupted and you’ll wake up worse off.

FACT: When the amount of sleep you get varies a lot from day to day, it can cause poor sleep. Not sleeping well can cause more stress or moodiness. It can tip your balance and make you feel worse about yourself and others.
Create your own relaxing bedtime routine to program your body clock:

- Ensure you’re not too hot or too cold. Maintaining a constant body temperature will help sleep.
- Keep your feet at the right temperature by putting on or taking off socks.
- Have a warm drink. Milk contains amino acids that can make you drowsy, and camomile tea can also help with sleep.
- Create a sleep space that works for you – quiet, dark, less cluttered.
- Do relaxing activities in order to wind down, these might include reading or listening to music softly.
- A warm bath or shower can help to make you feel sleepy.
- Turn off your computer an hour before you go to sleep.

Kick start your day:

- Wake up around the same time every day and catch the morning sun. Waking up with sunlight is important to restart your body clock and help your brain switch on.
- Try to get out of bed when you wake up rather than going back to sleep.
- Get out in the fresh air and do some exercise. Even if it feels difficult, this will help you to wake up and improve your sleep the next night.

While you’re out and about:

- Stay off caffeine after midday or if you’re sensitive try to cut it out altogether.
- Write a journal to get out all the important thoughts, worries or events from the day.
- Try not to nap unless you’re tired. If you do nap, keep it short.

Information sourced from www.oyh.org.au

- Teenage sleep: Understanding and helping the sleep of 12 – 20 year olds at http://eprints.vu.edu.au/467/
- www.ybblue.com.au
- www.reachout.com
- www.betterhealth.vic.gov.au

Keep Safe & Stay Healthy

Marie Pritchard
Youth Health Nurse

UNIFORM AND STATIONERY SHOP OPENING TIMES

Daily - 8:30 to 2:30 until Tuesday, 10 December 2013
Reopening Monday, 20 January 2014

<table>
<thead>
<tr>
<th>TUCKSHOP NEWS</th>
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<tbody>
<tr>
<td>Roster as follows:</td>
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<tr>
<td>Oct: 22 Desley 31 Adrienne 11 Desley</td>
</tr>
<tr>
<td>Nov: 23 Tanya 30 Sandrea 11 Lauris</td>
</tr>
<tr>
<td>24 Pat 4 Sandrea 13 Debbie</td>
</tr>
<tr>
<td>25 Vicki 5 Fay 14 Adrienne</td>
</tr>
<tr>
<td>28 Desley 6 Tanya 15 Desley</td>
</tr>
<tr>
<td>29 Sandrea 7 Pat 18 Sandrea</td>
</tr>
<tr>
<td>30 Debbie 8 Deirdre</td>
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</tbody>
</table>

Congratulations to Desley and Sandrea, who were our September prize winners. We wish Carolyn ‘bon-voyage’ as she jets off to America this weekend.

Position Vacant: Tuckshop Assistant required ASAP. Selection Criteria available at Administration Office – Parent Counter.

Diane
Tuckshop Convenor

CCA (Caboolture Community Action) is conducting a drive for non-perishable food and non-food items to help the most vulnerable members of our community. We are building up supplies in the lead up to Christmas, when the need for emergency hampers increases.

Please donate to us to help others. Donations will be picked up from the Caboolture State High School Administration Office on 4 December.

- Deodorant

Help for Stays or Anxious Teens: Online Treatment for Social Anxiety is Now Available

For teenagers with Social Anxiety, school can be an incredibly difficult time. Activities like presenting and reports, participating in class activities, playing or competing in team sports and joining in with groups at lunch can be extremely anxiety provoking situations. But there is help available... and it’s online!

A team of researchers (BRAVE Team) at Griffith University, University of Southern Queensland, and the University of Queensland are asking teenagers (13-17 years) suffering from social anxiety, a fear of being negatively judged by others, or extreme shyness.

The BRAVE program aims to help adolescents and their parents learn strategies for managing social anxiety and teach techniques to cope with anxiety-provoking social situations. The treatment program moves 12 online sessions for teens and 5 online sessions for parents, with each session taking approximately an hour to complete. Families are charged a one-off fee of $20 to assist in covering treatment costs. Families will also be asked to complete questionnaires and telephone interviews, but will receive a rebate of $20 in vouchers each time they complete a post-treatment assessment.

For more information, or to register your interest in the program, please visit the BRAVE ONLINE website: www.ybblue.com.au/brave OR email: brave@ybblue.com.au

Alternatively, you can contact the BRAVE team on (07) 3370 5312 or email: brave@ybblue.com.au

For further information, pay a visit to our Facebook page: www.facebook.com/boysatmeas.

Caboolture Community Action
• Soap
• Body Wash
• Shampoo & Conditioner
• Toothpaste
• Toothbrushes
• Toilet Paper
• Nappies (in high demand)
• Baby Lotion
• Baby Powder
• Feminine Hygiene Products
• Laundry Powder
• Pet Food (Dogs, Cats, Birds)
• Non-Perishable Food Items

Please visit our website:
www.caboolturecommunityaction.com to see how we help those in need.