

# Shailer Park State High School

## NEWSLETTER

Issue 4 May 2009

### Principal's Outlook

**Ray McConnell**



It is hard to believe that we are already half way through term two, in what has been a hectic schedule since the Easter vacation. Our Anzac Day ceremony was exceptional with our students of Shailer High rising to the occasion in what was a truly memorable, respectful and solemn occasion. The students appreciated in particular our two World War II veterans who engaged them in the reality of war time and the unimaginable loss of human life with most of their friends not returning to Australia.

Cross country was a huge success with our students getting in to the spirit of things and many of our students qualifying for district cross country. Congratulations to Natalie Dudkowski and Billy Swatton who set a blistering pace.

Good luck to Shannon Strike who has been selected to compete in the Queensland School Sport U19 Netball Championships on May 28.

Thank you to the many parents who attended our parent teacher evening to discuss their child's progress at school. This is an extremely important event in our school calendar and I would urge those parents who were unable to attend to make contact with their child's teacher for an alternative appointment. There is no greater support for your child's educational success than a strong, united focus between the parent, their child and the school. It is not long now until final assessment for semester one so your child should be busily focussing on assignment and project work and preparation for end of semester tests.

Shailer Park High was leading the way recently in providing the opportunity for all our Year 11 students to participate in the Rotary Youth Driver Awareness (RYDA) programme which is heavily subsidised by Rotary International and championed by our Logan Mayor Pam Parker. We believe that these programs can have a significant impact on keeping our young people safe on the road. This is all the more pertinent considering two fatal accidents recently, one involving some young lads in the boot of a car and the other a drunk driver at the wheel of the car. Both could have been avoided.

NAPLAN for our Year 9 students is now over for 2009 but not forgotten as our school will remain heavily focussed on improving core literacy and numeracy outcomes for our students. This will also involve working closely with our primary feeder schools including Shailer Park State School to provide a smoother transition across years 7 and 8 and to increase a common understanding between our teachers in both schools. Our Executive Director Schools, Ms Sam Knowles was invited to attend our testing on the first day and was full of praise for the excellent organisation of our NAPLAN testing and the awesome behaviour of our students.

This past week, we were host for half a day to 180 female students from Tsurukawa High School from Tokyo in Japan. Both schools performed on full school assembly with our dance students displaying a sensational Dr Seuss piece in preparation for their Dance Eisteddfod. Our Year 10 Hospitality students did themselves proud catering for morning tea for close on 400 people. Education Queensland International were very impressed in the professional and efficient way in which Shailer High hosted such a large number of students.

Unfortunately, there are too many extra curricular activities for me to mention and too many staff to acknowledge for their efforts. However, I would like to thank the many many staff both teaching and non-teaching who everyday go above and beyond what is required to provide the absolute best opportunities for your child. It is these experiences which make up the rich fabric of our school and would not be possible without the ongoing support of our parents and wider community.

**School address:** Leaf Street SHAILER PARK Q 4128  
**Postal address:** PO Box 3277 LOGAN HYPERDOME Q 4129  
**Email:** [office@shaiparkshs.eq.edu.au](mailto:office@shaiparkshs.eq.edu.au)  
**Website:** [www.shaiparkshs.eq.edu.au](http://www.shaiparkshs.eq.edu.au)

**Telephone:** 07 3451 2777  
**Facsimile:** 07 3451 2700  
**Student Absence:** 07 3451 2766  
**Canteen:** 07 3451 2769

# From the Deputy Principals

---

## Middle School - Years 8 & 9

*Jacqui Lewis*



### **Influenza A (Swine Flu) and good hygiene tips**

Queensland Health has advised it is "business as usual" for schools after the confirmation of Australia's first case of the new strain of Influenza A (otherwise referred to as Human Swine Influenza) on Saturday 9 May 2009.

Good hygiene practices while coughing or sneezing, and regular hand-washing, are major factors in preventing the spread of any infection including Influenza A.

However as parents and carers of young children, we all understand how difficult it can be to get kids to wash their hands at the correct times - and to do it properly!

A helpful information sheet about sanitary hand-washing techniques is available at [www.education.qld.gov.au/health/pdfs/healthsafety/hand-wash-solutions.pdf](http://www.education.qld.gov.au/health/pdfs/healthsafety/hand-wash-solutions.pdf)

### **Students returning from overseas**

If you have a child who has returned or is to return from one of the affected areas (Mexico, United States of America, Canada, Panama and Japan), could you please advise the school and ensure that your child remains at home for seven days even if they do not have symptoms. The seven days includes weekends and public holidays. If your child becomes unwell, please seek immediate medical advice from your general practitioner.

Parents can assist schools to manage the current situation in the following ways:

Provide the school with current contact details including current address, telephone number, mobile phone number and email address and any other information you may consider relevant.

Continue to follow standard good hygiene practices such as covering nose and mouth if sneezing or coughing and regular hand-washing.

Be diligent in observing your family's health and seek medical assistance where uncertain.

## Senior School - Years 10, 11 & 12

*Lynne Smith*



LAN classes have now been adjusted to better cater for students' needs. Those students who wish to be awarded an OP or a rank at the end of Year 12 will continue to participate in the OP preparation lessons during LAN whilst the remainder of the Year 12 students can devote the time during LAN to complete other school-related tasks. OP-eligible students and those students seeking a rank will participate in a second QCS practice test on Thursday 25 and Friday 26 June (last two days of term 2).

### **Block Exams**

Students in years 11 and 12 will shortly receive timetables for their block exams, which are scheduled from Thursday 18 June to Wednesday 24 June. Students need to check these timetables very carefully and ensure that they arrive at all exams on time and with all requirements (e.g. calculator, pen, pencil, eraser, and ruler). Students who are sick on the day and are unable to attend an exam or to submit an assessment task on time must contact the school that morning and advise the school. Students must provide a doctor's certificate when they return to school and sit the task(s) on the day of return.

## Year 9

Because of increased student numbers in Year 9, a new HPE class has been formed. Students affected by this change have already received their new timetables.

## Parent/Teacher Evening

Thank you to all those parents and carers who took time out of their busy schedules to attend the Parent/Teacher Evening. This very successful event was very well attended and provided valuable feedback for both teachers and parents/carers of our students.

# Chaplaincy News

---

Everyone loves having a chaplain in their school no doubt about it. But what many people do not realise is that chaplains are not actually employed by the government (like teachers) but rather work for a charity called SU Qld (Scripture Union).

Consequently the number of days a chaplain is available in a school is determined not so much by need (which is huge) but rather how much money can be raised to support them there. You may be surprised to learn that many chaplains actually work a number of days voluntarily just because there aren't enough finances to pay them. Not cool.

Dale Lennon is our caring individual working in our school: listening to kids, supporting staff, and helping out in times of crisis...doing what chappies do best.

Dale is a vital part of the CARE team and is involved in many camps, *Wild at Heart*, lunchtime activities, Breakfast Club and guitar lessons. Dale chats to many students - about life - home/school issues and does many home visits.

You can help raise funds to support our Chaplaincy. Donation forms are located on the back of this newsletter.

Shailer High Chaplaincy Committee will be getting together on Wednesday 3 June from 3:00 to 4:00pm in F1. All are welcome to attend. Please contact Karen Willcocks for more information on 0423 969 674

# Dance Squad News

---

Congratulations to all the Shailer Park Dance Squad students who competed at the Brisbane Dance Eisteddfod on Wednesday 20 May. The students rehearsed after school and on weekends since February to prepare for this important competition. All 60 students have exhibited great commitment and creativity during the rehearsal process and were excited about performing for the judges and audience! Miss Day and Miss Papst would like to thank Shailer Park High graduates Chelsea Finn, Katie-Lynn Robinson, Tip Ruhi and Wade Thompson for their assistance as choreographers this year.

Junior Hip-Hop	Very Highly Commended
Musical Theatre	4 <sup>th</sup> Place (out of 25 very competitive schools)
Combined Hip-Hop	Highly Commended
Senior Girls Hip-Hop	Very Highly Commended
BDS (Boys Dance Squad)	3 <sup>rd</sup> place (in a VERY competitive section)

### THOUGHT OF THE WEEK

"Once you replace negative thoughts with **positive** ones, you'll start having **positive** results."

# Be Inspired At Shailer!

The INSPIRE Gifted and Talented class is off and running. The theme for this term is "Survival". Foundation work has been done, groups have been formed, thinking skills have been taught, and now groups are busily planning their event.

Students have a reflection book and a reading log to record their observations about what they are learning and reading.

Our excursion to Daisy Hill Forest is coming up later this month. Students will be investigating the impact their event might have on the environment. Let's see if 8F can find a happy balance between human activity and saving the planet!.

**Debbie Errez**  
Inspire Teacher

## Cross Country

Congratulations to all students (and several teachers) for completing the 3km cross country circuit on Friday 24<sup>th</sup> April. The afternoon was extremely successful and fun was had by all.

Thank-you to all the teachers for getting involved and a special thank-you to Mrs Davies and her sound crew for setting up their equipment on the oval and in the MPS.

### House Results

1<sup>st</sup>: Trojans - 140 (G - 57, B - 83)

2<sup>nd</sup>: Spartans - 121 (G - 52, B - 69)

3<sup>rd</sup>: Gladiators - 116 (G - 58, B - 58)

4<sup>th</sup>: Vikings - 86 (G - 61, B - 25)

### Student Results

**Champion Girl**  
**Natalie Dudkowski (12min 35sec)**

**Champion Boy**  
**Billy (11min 59sec)**

### Girls

U/13	U/14	U/15
1 <sup>st</sup> Tijana	1 <sup>st</sup> Monique	1 <sup>st</sup> Jessica
2 <sup>nd</sup> Rikki	2 <sup>nd</sup> Christine	2 <sup>nd</sup> Irene
3 <sup>rd</sup> Jasmine	3 <sup>rd</sup> Hayley	3 <sup>rd</sup> Rachel

U/16	U/19
1 <sup>st</sup> Amy Kerswell	1 <sup>st</sup> Natalie Dudkowski
2 <sup>nd</sup> Jacinta Brewood	2 <sup>nd</sup> Emily Sanchez
3 <sup>rd</sup> Elona Welsh	3 <sup>rd</sup> Danielle Keenan

### Boys

U/13	U/14	U/15
1 <sup>st</sup> Ian	1 <sup>st</sup> James	1 <sup>st</sup> Billy
2 <sup>nd</sup> Mafe	2 <sup>nd</sup> Dan	2 <sup>nd</sup> Jayden
3 <sup>rd</sup> Zarryn	3 <sup>rd</sup> Richie	3 <sup>rd</sup> Brendan

U/16	U/19
1 <sup>st</sup> Callan Duke	1 <sup>st</sup> Nathan Schleeman
2 <sup>nd</sup> Grant Davis	2 <sup>nd</sup> Ben LeProu
3 <sup>rd</sup> Scott Thomas	3 <sup>rd</sup> Anthony Cannavo

## ***District Cross Country Results***

Congratulations to all students who represented Shailer Park High in the 2009 Pacific District Cross Country Carnival. Their participation was excellent and 8 students qualified for the District Team to compete at the South Coast Regional Cross Country Carnival on Thursday 4 June.

It was also great to see the large number of participants from Mr Carroll's Year 8 Sports Excellence class who did particularly well in the 13 year age group.

**Tijana (1<sup>st</sup>) - 13 Girls**

**Rikki (2<sup>nd</sup>) - 13 Girls**

**Jayden (1<sup>st</sup>) - 13 Boys**

**Monique (2<sup>nd</sup>) - 14 Girls**

**Billy (2<sup>nd</sup>) - 15 Boys**

**Amy Kerswell (6<sup>th</sup>) - 16 Girls**

**Callan Duke (10<sup>th</sup>) - 16 Boys**

**Natalie Dudkowski (1<sup>st</sup>) - 17 Girls**

A special mention and congratulations to Natalie Dudkowski for recording the fastest girl's time for the day and receiving the inaugural '*Doug McMahon*' award named after the late Beaudesert High principal.

Natasha Stone  
**SPORT COORDINATOR**



### ***RESOURCE HIRE SCHEME***

For parents paying by instalment, your term two **\$57 payment is now due. If you have not paid your Term 1 instalment, it is now overdue.** For parents/caregivers who are experiencing financial difficulty please contact the BSM on 3451 2710 to make special arrangements.



## GOMA & Art Museum Excursion

---

On Thursday, 14 May, selected students from grades 10, 11 and 12 who participate in either Creative Visual Arts or Visual Art were given the exhilarating experience to see extraordinary artworks in both the Gallery of Modern Art (GOMA) and the Queensland Art Gallery. The biggest standout of the day was the current China Project Exhibition and the Excellence Awards in Visual Art and Design (Creative Generation) at GOMA. The China Project is a three-part display that considers contemporary art practice.

The first element is *Three Decades: The Contemporary Chinese Collection* that presents 150 extraordinary works by 50 contemporary Chinese artists. The second element is *Zhang Xiaogang: Shadows in the Soul* which explores the work from one of the foremost painters of Chinese avant-garde movement. The third element *William Yang: Life Lines* presented work by one of Australia's most respected and prominent photographers and performers.

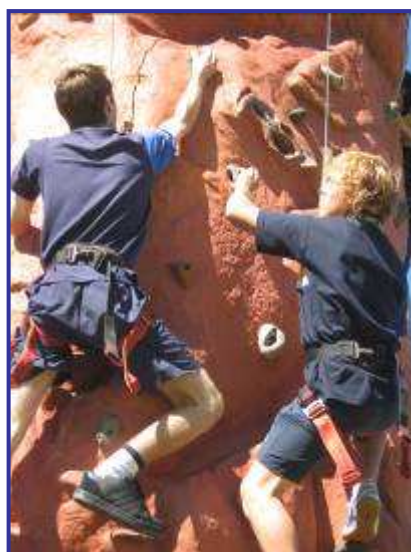
The Creative Generation Awards is an annual exhibition that recognises and promotes outstanding achievements by Year 12 art students from both state and non-state secondary schools throughout Queensland. Students were able to see a wide range of media from sculpture, digital media, and oil and acrylic paintings. This exhibition also allows students to preview standards that they will need to aspire to if they wish to obtain at the highest level. Overall the day was highly enjoyable and fulfilling. I would also like to immensely thank Mrs King, Ms Filippow, and Mrs Wilkie for keeping the students in line (always a tough job!).

**Kirra Keating**  
Yr 12 Art Student

## Logan Healthy Schools Alliance

---

As part of the *Logan Healthy Schools Alliance*, the school received a visit from Base Zero who set up a Rock Wall on the school oval. The student's tackled the wall with enthusiasm and gusto. The next Base Zero activity is scheduled on Friday 29 May!



## Conrad Jupiters Casino - Year 12 Tourism Excursion

---

On Wednesday 22 April 2009, the year 12 Tourism class went on an unforgettable experience to Conrad Jupiters Casino, at the Gold Coast. This excursion brought us so much knowledge on how much is expected in the hospitality and tourism sector.

Conrad Jupiters employs more than 2,000 staff, and on the busy periods of the year up to 3,000 staff. An interesting fact of the company is that it has the world's largest laundry in the southern hemisphere, including 300kg washing machines costing one million dollars individually.

We had the privilege of receiving a behind the scenes tour where we saw many restaurants and entertainment facilities, the hotel rooms on offer, the 'secret' hallways that are used for staff to get around, the luxury pool and gym, as well as the kitchens that also breed their own fish and chickens to cook for the many restaurants located here (now that's fresh).

After our tour, we were seated in Spinners Restaurant where we had some of the most delicious meals on offer, which we might add were huge. After our delicious meals we were seated to the Casino's current entertainment show 'Lady Salsa'. The show is imported from Cuba, and tells the story of how the Spanish guitar and the African drums combine to create the exciting Cuban rhythm. 'Lady Salsa' was not only delightfully entertaining and exciting, but also extremely funny, especially for us Year 12's, as two of our own students and Ms Herholdt got the chance to get up on stage and dance with the extraordinary dancers.

Visiting Conrad Jupiters was an amazing experience for all of us, and we suggest that if given the opportunity we highly recommend that you stay for the night and take advantage of the dinner and show as it is an experience you will never forget.

**Kayla King & Jessica Dilks**

## RYDA Excursion - Year 11 Students

---

A busy few weeks for Year 11 students - 125 students were fortunate enough to undertake the Rotary Youth Driver Awareness Program at the Mt Cotton Driver Touring Centre last week. The overwhelming response from students was that it was a valuable and memorable day for participants. Students were enlightened and educated on safe vehicle handling, safe driving distances, the effects of alcohol & drug consumption on driving, the costs involved in owning a vehicle, and they were shown a DVD of an 18 year old student who lost her life on her 18<sup>th</sup> birthday through a road accident involving 7 friends.

Probably the most impact for students was in a session with Wayne, a paraplegic who chatted to students about the challenges he faces daily, all the result of a road accident.

## Health News - Depression and a Positive Attitude

---

**Depression - It can happen to anyone, at any age, often for no particular reason!**

**Depression** is a common problem in Australia today. Approximately one in 10 males and one in 5 females will experience a depressive episode at some stage in their lives. Most people understand the term to mean sadness or simply, unhappiness. If asked, the majority of people would be able to pinpoint a time when they felt depressed. However, depression becomes a concern when it starts to affect quality of life.

**So what should we look out for?**

- Persistent sad, anxious or 'empty' mood.

- Loss of interest in activities usually enjoyed.
- Restlessness, irritability or excessive crying.
- No motivation - not wanting to do anything or go anywhere.
- Having trouble concentrating or getting things done.
- Feeling like you're in slow motion or disconnected from the world.
- Change in sleep pattern (too much or not able to sleep).
- Change in appetite with weight gain or weight loss.
- Negative thoughts about self, others and 'the world'.
- **And most importantly**, feeling hopeless or thoughts of suicide.

It must be said that adolescents can often have some of the symptoms listed above as part of growing up - such as excessive sleeping, or being argumentative or change in eating pattern - however depression refers to an all-encompassing change in mood and behaviour. It is very important to keep the communication lines open with your young person so that you can monitor their well-being. If there are a number of symptoms, depression may be present. No one needs to be alone with these feelings. Depression is treatable!

### What should you do?

If someone is experiencing problems, medical assessment may be necessary, particularly if thoughts of suicide are present. Talking things over with your GP, school guidance officer, chaplain or school nurse may be helpful.

Other community agencies that can help include:

- ✓ Kids help line 1800 55 1800
- ✓ Lifeline 13 11 14
- ✓ Parent line - 1300 30 1300
- ✓ Child Youth Mental Health Clinic - Logan 3290-0500
- ✓ [www.pathwayshrc.com.au](http://www.pathwayshrc.com.au)
- ✓ [www.beyondblue.org.au](http://www.beyondblue.org.au)
- ✓ [www.reachout.com.au](http://www.reachout.com.au)

### *The Power of a Positive Attitude*

'Two men looked out from prison bars one saw mud the other saw stars'.

**Did you know** - Your prospects for good health and long life are remarkably dependent upon mental habits learned in childhood, and a very influential mental habit is found in *your attitude to life and its trials*. Your attitude (either positive or negative) can cause emotional reactions which strongly affect your immune system, circulatory system, your relationships, and even your risk of accidents.

Your attitudes are based on the beliefs, values and assumptions you hold, and are shown through your behaviour. In fact attitudes drive behaviour. Having a positive attitude means that you focus on the good things in life and avoiding dwelling on the negative. It helps people cope with life and limits thinking that is destructive.

Almost always, you have a choice as to what attitude to adopt. There is nothing in most situations that dictates you must act one way or another. If you feel angry about something that happens, for instance, that's how **you choose to feel**. Nothing in the event itself makes it absolutely necessary for you to feel that way. It is your choice and since you do have a choice most of the time, you'll be better off if you choose to react in a positive rather than a negative way.

if you are to help your child develop a positive attitude then model it. Here are some hints:

- Being positive is a choice. Choose it now.
- Learn to control 'the voices' that may limit your potential. If you think you can achieve most likely you will. If you think you can't most likely you won't.
- Choose to smile and laugh - it has a contagious effect.
- Avoid saying 'I can't' - it makes a person feel inadequate. Better to say 'If I had .....I could.....'
- Enjoy the present. It's all you have or are able to control. The past is gone. The future is unknown.
- Focus on solutions - don't dwell on mistakes.
- Look For The Valuable Lesson - what have I learnt, how can I make things better next time.
- Language is a valuable tool - use it wisely eg. 'I'm bored' could become 'I have more time to do other things'

# Year Level News

---

## Year 8

### *Josh Fuller*

Year 8 students had an enjoyable and successful Round Robin. Special mention to the **Year 8 Rugby Team** who joined forces with Calvary Christian College to become an unbeatable force winning all their matches. The students showed outstanding sportsmanship, teamwork and collaboration. Well done to all.

## Year 9

### *Cecilia Hall*

The Year 9 students worked hard this month in preparing for and then sitting their NAPLAN Tests. This gruelling event lasted three mornings and has prepared the students for their future Core skills Test in Year 12. The behaviour of the students was very good and they are to be congratulated on a fine effort. On a personal note, it has been a pleasure filling in for Sarah Morris in her absence and I have enjoyed getting to know the Year 9 student body, they are a very spirited group of young people.

## Year 10

### *Anna Elliott*

On Friday 15 May, I had the privilege of taking three Year 10 girls, Caitlin Stubbs, Rebecca Reid and Ellana Owen to the **Soroptimist International Leadership Day**. The aim of the day was to provide the girls with the opportunity to identify and develop leadership skills, develop an increased awareness of self confidence, heighten their beliefs about their own strengths and have some fun!

A number of inspiring guest speakers provided the girls with vital information about their perceptions of their future directions. The girls also had the opportunity to interact with, and establish networks with many other student leaders from schools in our area.

I would like to congratulate these girls on their fine efforts in representing Shailer Park High School. Well done girls.

## Year 11

### *Kim Herholdt*

**Senior Jackets 2010** - Students have also begun the process of designing their senior jacket for 2010. Congratulations to all who participated in the school cross country, and particularly to our age champions, Amy Kerswell and Callan Duke.

**Leadership Camp** - A reminder to all parents of the Year 11 Leadership Camp on the 7 to the 9 of October at Tallebudgera Recreation Centre. The total cost for the three days is \$197 with \$67 deposit due by Tue 2 June 09. The camp will be an excellent opportunity for students to engage in team building activities with their peers. Motivational speaker Bernie Kelly will lead one session. It will certainly be a fun and exciting way to kick off our leadership process for 2010.

## Year 12

### *Anne-Maree King*

Since the last newsletter the Year 12 students have maintained their strong support for various school events such as the cross country, various excursions, working in the canteen and fundraising for charity. Mrs Hunter, our wonderful canteen convenor, cannot sing the praises enough of the girls involved. Without their continued commitment and support, the canteen could not continue to operate. Thank you girls.

Our ANZAC Day service was one to be remembered, all people concerned with the event are to be congratulated. Our Senior Executive led the service, each with an important role to play as the respect the occasion deserved was well communicated. In conjunction with ANZAC Day, the student council were involved in fundraising for both Legacy and the RSL. The school community supported this well by raising in excess of \$500. This was a great effort considering the short time we had returning from the Easter break.

I have every confidence that this fine work will continue.