A message from the Principal...

Year 6 students from our feeder schools have already enjoyed a day at Sandgate DSHS. Students enthusiastically participated in a Science lesson which focused on chemical reactions, designed and made a rocket in Manual Arts which they fired on the oval and made a camera in Art which was used to take pretend “selfies” on the day. There were some excellent hand ball games during the break and eyes sparkled when visiting the wonders of the tuckshop. Our SEP students made coffee for teachers in the first break, while hospitality students catered and served lunch. The students demonstrated their customer focus and attention to presentation. The high quality of their work was appreciated. High school and primary school teachers had the opportunity to discuss the transition from primary to high school and a lot of very useful information was shared.

The next stage of the transition process is our Open Day on Saturday 16 May 2015. The day runs from 8:30am to 1pm. My Principal’s presentation is scheduled at 9am in the Performance Hall and will be repeated at 11am. Information on Excellence Programs will be given straight after the 9am Principal’s address. Guided tours of the school will be leaving from the font of the Performance Hall throughout the day. Register your details to go into a $50 voucher draw from our uniform shop, and get your passbook stamped at every display to enter the draw to win a 2016 Curriculum Delivery fee valued at $275. The Sonics, a rock band made up of foundation Sandgate DSHS students, will be taking advantage of Open Day to see how the school has changed in the last 56 years.
Visit the school web site for more information and follow our Facebook site and twitter feed to stay up to date.
Your child should also have received an information pack from their feeder school.

Jeanette Gentle | PRINCIPAL

P&C MEETINGS | THIRD WEDNESDAY OF EACH MONTH
6.30PM | SCHOOL RESOURCE CENTRE (LIBRARY) | ALL WELCOME
NEXT MEETING:  20 MAY 2015

What's On

11 - 29 May 2015

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<td>Tues 12 May</td>
<td>Years 7 &amp; 9</td>
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<td>NAPLAN catch up day for students absent</td>
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<td>Sat 16 May</td>
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<td>Mon 18 May</td>
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<td><strong>Wed 20 May</strong></td>
<td><strong>P&amp;C Meeting</strong></td>
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<td>Fri 22 May</td>
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<td>Year 11 REC Camp</td>
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<td>Senior Winter Sport</td>
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Open Day

CLICK HERE TO VIEW OUR CAFE IBIS MENU

CLICK HERE TO VIEW OUR UNIFORM PRICE LIST
SANDGATE DISTRICT STATE HIGH SCHOOL

OPEN DAY
Saturday 16 May 2015 | 9am - 1pm

Find out how Sandgate District State High School can “Expand the Horizon” for your son or daughter

High Academic Expectations | Broad Curriculum
Exceptional Facilities | Specialised Programs
Extensive Co-Curricular Program | Award Winning Teachers
Symphonic Wind Ensemble | School Musicals | Links with University, TAFE and Industry | Debating/Public Speaking | Interschool Sport in all Year Levels | Outstanding success at Metropolitan and State Level

Saturday 16 May 2015 | 9am - 1pm
www.sanddistshs.eq.edu.au
T 07 3869 9888 | E enquiries@sanddistshs.eq.edu.au

Registration at the Performance Hall from 8.30am
Register to go into a draw to win a $50 voucher from our Uniform Shop
9am and 11am Principal’s Presentation Performance Hall
9.30am Enrolment Information for Excellence Programs
Academic Achievers | Immerse IT | Compass Program
Academy of Sport | Master Music
Guided School Tours and Performances throughout the day
Collect a stamp from each department to go into a draw to win
2016 Curriculum Delivery Fees vauled at approx $275

SANDGATE
DISTRICT STATE HIGH SCHOOL

CLICK HERE TO DOWNLOAD YOUR REGISTRATION FORM
2015 NAPLAN Test

The National Assessment Program Numeracy and Literacy Test, better known as NAPLAN, is to be held on Tuesday 12, Wednesday 13 and Thursday 14 May, 2015 for all Year 7 and 9 students. For those students absent due to illness, a catch up on Friday 15 May will be arranged.

Information brochures for parents and carers can be found by going to http://www.nap.edu.au/ and following the parent/carer support links.

If you have any questions or concerns regarding NAPLAN please feel free to contact the Junior Secondary Deputy Principal Mr Kiss.

Shane Kiss Junior Secondary Deputy Principal

Academic Achiever Exam

Are you looking for a program for your student that offers an academically challenging curriculum based on creative thinking and problem solving? Do you want a program that sets high expectations in work ethic and behaviour?

Entrance Exam will be held on
Saturday 23 May | 9am

Contact us for more information.

Premier's Reading Challenge

Next week the reading period for the 2015 Premier’s Reading Challenge commences. This is a great opportunity...
for our Year 7 to Year 9 students to improve their literacy, cultivate a passion for literature, and for teachers and families to encourage them to read widely for pleasure. Interested students should check with their classroom teacher or our Premier’s Reading Challenge coordinator Mr Steve Pender to make sure they are registered.

For further information visit www.education.qld.gov.au/schools/readingchallenge

Shane Kiss | Acting Deputy Principal

Senior Schooling News

Year 10 Career Expo Excursion

As part of our commitment to providing Sandgate District State High school students with the most recent and relevant career information, we have arranged for all Year 10 students to attend the Careers Expo at the Brisbane Convention and Exhibition Centre on Friday 29 May 2015.

Permission letters will be sent home with your child today and need to be returned to school by Monday 18 May 2015 along with payment of $5.00 to cover the cost of transport.

This visit is part of the Senior Education and Training (SET) Planning we do each year and supports Year 10 students as they decide on senior subjects and potential post-secondary school pathways. You can access further information about the Employment Expo at http://careersemploymentexpo.com.au/

All Year 10 students should be encouraged to attend this important event in the school calendar.

Diploma of Business

Earlier this year, our Year 12 students were given the chance to enrol in a Diploma of Business delivered on campus for 3 hours one day per week.

We are now offering this exciting opportunity to our Year 11 students. Careers Australia will be holding an information session for all interested students and their parents next Wednesday 20 May 2015 from 3.15pm in the Business Centre in the Library.

The session will cover course content, delivery schedule, costs and give you an opportunity to ask questions. If you would like to attend, please see Samantha Churchill in AG10 to register your interest.

Judi Robinson | HOD Senior Schooling & Business

Performing Arts News

Zen Zen Zo Physical Theatre Workshops
The Year 11 and 12 drama students are participating in a series of drama workshops provided by Zen Zen Zo Theatre Company. The In-Schools workshops are taught by two Zen Zen Zo company members and focuses on developing the skills and techniques of physical theatre. The sessions include:

- Physical Theatre Training
- Creating Physical Theatre
- Viewpoints
- Suzuki Method of Actor Training
- Contemporary Theatre

This is proving to be a wonderful opportunity for the students. The workshops provide students with such a rich, dynamic and kinaesthetic learning experience. They also give them the chance to train with industry professionals to develop and improve their own arts practice. We are so proud of their focus, enthusiasm and willingness to learn. Watch this space for more updates!
Bell Shakespeare’s ‘Midsummer Madness’

On the 29th April, Bell Shakespeare Company came to Sandgate High to present their play, ‘Midsummer Madness’.

“Fairies, mechanicals, lovers and a magic potion gone wrong – welcome to the world of A Midsummer Night’s Dream. Charting the course of Shakespeare’s hilarious romantic comedy from start to finish, Midsummer Madness is the perfect introduction to Shakespeare. In 50 minutes, The Players will transport you to the interconnecting worlds of the lovers, the fairies, and the players; combining key scenes with modern commentary and key expository insights into the conventions of Shakespeare’s theatre” – Bell Shakespeare

Year 7-12 English and Performing Arts students were treated to a witty and delightful interpretation of Shakespeare’s original text. The performance was engaging, funny and made Shakespeare accessible to all. Over 160 students attended the performance and the feedback was unanimous – we want more next year!
Music News

Congratulations to our Symphonic Wind Ensemble and our brand new choir for your excellent performances during our ANZAC Ceremony.

I am particularly proud of the choir. They were just marvellous and, considering they are a brand new group, with a limited number of rehearsals, they were particularly marvellous. I would like to thank our five soloists, Ella and Exenia Alambra, Nikita Hancock, Jocelyn Glencross and Hayley Hatton for their beautiful performance.
Singing in a choir has so many benefits for the members. Naturally there are many musical benefits, but there are also many social and emotional advantages.

**Interpersonal Characteristics** that can be fostered through being part of a choir include:

- Acceptance of all
- Respect for all within choir
- Team Work
- Positions of Leadership
- Appreciation of other languages
- Connecting emotionally with an audience
- Understanding of History and Geography
- Respect and appreciation of cultural differences
- Friendships and fun with likeminded people
- Community Involvement
- Giving to others
- Local, National and World identity
- Listening with respect
- Feeling of ‘connectedness’ in an often ‘disconnected’ world

**Intrapersonal Characteristics** that can be fostered through being part of a choir include:

- Values Education
- Confidence
- Self-Worth
- Opportunity to ‘shine’
- Self-Control
- Discipline
- Place to Belong

If any student wishes to join the choir, they are welcome. I ask that they attend regularly and behave appropriately. The only other requirement is that they WANT to sing. We rehearse Wednesday’s after school, 3.15 to 4.15, so they just have to come along and add their name to the list. And…**BIG NEWS**…we are going to start a choir for boys with changed/changing voices. In the ‘old days’ it was thought best for boys to stop singing during this period of their lives. Research has proven the best thing to do is keep singing, and that is what I want to help them do! We are rehearsing Mondays, second break, 1.10 in the music room. They are welcome to come along and try it out.

As Ella Fitzgerald said, “The only thing better than singing is more singing.”

Debbie O’Shea | Music Teacher
Year 11 Social Justice Committee News

Last term, the school raised $300.65 which allowed SDSHS to sponsor five bilbies (Gidgy, Squiggle, Holly, Claus and Bilbo) from the Save the Bilby Fund. Everyone should be so very proud of their efforts and excited that the money will be used to assist in strengthening bilby numbers within Australia.

Term 2 sees the Year 11 Social Justice Committee committed to raising funds for Kids Help Line (1800 55 1800) as they have a vital role in our society through their free national 24/7 telephone and online counselling and support services for young people aged between 5 and 25 years. Counsellors respond to almost 4,500 calls each week about issues ranging from relationship breakdowns and bullying, to sexual abuse, homelessness, suicidal thoughts, and drug and alcohol use.

Kids Help Line aims to empower young people by assisting them to:

- Develop options
- Identify and understand the consequences of a particular course of action
- Facilitate more productive relationships with family and friends, and
- Provide information on local support services.

We are hoping to raise $300 this term to support the Kids Help Line so that they can continue their valuable work. A big thank you to everyone who has already donated to this special organisation, so far we have raised $60 which is a great effort by the school. We will continue our collections until the end of term where we will hopefully reach our target of $300. Remember every donation counts, no matter how small.

Ms Fong | Teacher

Cross Country 2015

On Thursday May 7 the school grounds transformed into a cross country arena with the introduction of the new cross country course for Sandgate High. The participation levels have been the best seen for years with the introduction of the competitive course or the fun run option. The event was split by junior and senior secondary events. After the junior races, Monash House was in the lead with Story house a close second and Collins in fourth. After the seniors race the mighty Collins house clawed back to win the cross country carnival by over 100 points. The IBIS House Spirit Award was up for grabs again and the Collins house displayed the most spirit with the most colour and best war cries.

It was an exciting afternoon and huge thank you to all of the students that helped fundraise money for the school through the Adidas School Fun run. Congratulations to all of the athletes that were placed in the top 10 for their age group. The first Junior male and female runners to cross the line this year were Raffaella Bates and Mitchel Tidball both from the year 9 ADP. The Senior Secondary male winner was Nate Millard. A special mention goes
to Jessica Corliss, for the 5th year in a row she has been the first female to cross the line for all age groups. We wish all our runners the best at the District Cross Country on Monday 18th and the school is excited about the introduction of the IBIS dash that will be held at the school on Thursday.
Outstanding Achievements

Softball Success

Year 11 student Carly Schulz was recently selected in the Qld School Girls 17 Years & under Softball team to go to the Pacific School Games to be held in Adelaide in November later this year. Congratulations Carly!
Building Resilience

How do we build resilience? It's not something we're born with – we need to learn and build it.

Building resilience can help prevent mood disorders.

The level of physical health and wellbeing impacts on our capacity for resilience. Research suggests that regular exercise may increase our body's natural chemicals (endorphins) that affect mood, sleep, libido, appetite and other functions. Aim for at least 30 minutes of brisk walking or some form of activity where you notice a slight increase in breathing and heart rate (as recommended by the National Physical Activity Guidelines for Australians).

Physical health also includes a healthy diet, regular meals and adequate sleep. Eat a balanced diet and have minimal processed foods, sugars, coffee and energy drinks. If you are interested in foods that can positively affect your mood, check the Black Dog Institute's...
Good relationships are also really important for building resilience, so it is important that you put into your friendships what you expect in return – love, support, respect. These are all things that you can expect from people, especially your friends. Think about one person in your life who is generally supportive of you and that you would like to build an even better relationship with. Think about how you could give back in order to strengthen that relationship.

The way you think about things can affect your level of resilience. The way you think or self-talk (whether it is positive or negative) can impact the way you perceive situations and influence the way you view your life and the world around you. When you have negative and unhelpful thoughts (put-downs), become the ‘Gate Keeper’ of your thoughts by holding the key to them. Only you can change the way you think about things (consider if those negative and unhelpful thoughts could be changed to positive and helpful thoughts). You can also learn good problem-solving, goal-setting and time-management skills. Acknowledge your successes and praise yourself for your achievements.

Maintaining a level-headed approach to dealing with everyday stresses is another path to building resilience. It is easy to go off the rails when you are confronted by stressful events, but how you respond to life’s challenges can influence your mood and outlook.

One of the easiest and most effective ways to build resilience is to regularly practice slow breathing. Research has shown that slow breathing can also lower blood pressure and heart rate, reduce stress hormones, improve immune system functioning, increase physical energy and feelings of calm and wellbeing.

Connecting with others and contributing to a bigger picture is part of building resilience. You can build resilience by contributing to family, social groups, and to the wider community. Perhaps you might like volunteering! Helping others can help you tremendously as the simple act of giving has the biggest returns.

It is also important to have a set of values or guiding principles. Your values are reflected in the decisions you make and what is important in your life. Having a spiritual dimension to our life can also make us happier and more resilient. Spiritual wisdom doesn’t need to involve myth and mysticism; nor does it necessarily have to be linked to organised religion, although people with strong religious faith often experience high levels of wellbeing. Spirituality can provide us with meaning and connect us to ‘something bigger’ beyond our daily life. You could build resilience in this way by starting with identifying things in your life that give you a sense of meaning and purpose – your faith, family, hobbies, school, work, the environment…

Building resilience is important and it probably sounds obvious but everyone can take the time to be more mindful and appreciative of big and little things in life such as:

- The taste & smell of your favourite hot drink
- The sun on your face
● Water at the turn of a tap
● The innocence of kids
● The love & loyalty of pets
● Being in nature
TRIVIA NIGHT
SUPPORTING LOCAL CHAPLAINCY

$20 PER PERSON
CASH ONLY ON THE NIGHT

Wednesday 20th May
Bracken Ridge SHS MPSC Hall
Doors Open 6:30pm for 7pm Start
Supper provided, drinks available for purchase
ALL proceeds to go to Sandgate & Bracken Ridge High School Chaplains

GREAT PRIZES, RAFFLES, DOOR PRIZES

RSVP YOUR TABLE/ SEAT BY 15TH MAY

CONTACT
Marcelle (booking coordinator) 0421 632 838
OR marcelle@brbc.org.au
Andy (sdsh chaplain) 0422 634 756
Trudi (bracken ridge sh chaplain ) 0400 634 865

PROUDLY SPONSORED BY

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Gill and lane Solicitors
Cross Country Tours (07) 3869 7444
Charizma Hair and beauty Bald Hills
Metro Hair Studio Brighton
Gloria Jeans Sandgate

Supporting Bracken Ridge SHS
& Sandgate DSHS Chaplains
A Simple but Warm “Hello”

As we haven't seen you for a while, we thought we'd just 'drop in' so to speak, by sending along this quick informal chat. This communication is being forwarded to email addresses where possible, but by post if we do not have your current email address (so much less costly to email than to post). We may be able to help you make contact with past classmates.

If you were lucky enough to start out your high school years in what was at the time, a small village like suburb where the need for another high school had just been recognised, you are one of the above group.

It has often been said “What’s in a name”. If you recognise the name Deagon Grammar (Sandgate District State High School), you will perhaps understand.

151 foundation pupils (64 girls and 87 boys), began their education in the not quite completed Sandgate District State High School on January 27 in the iconic Sandgate Town Hall. On 13th February they transferred over to the very bare surroundings at Deagon. As teenagers, it was often for only 1 or 2 years, although for a number of students, it was 4 years of mixed experiences! Enrolments by the 1963 year, had increased to 760 pupils.

As with most new enterprises, special bonds are often formed between the ‘early settlers’. We all had the common goal of making the new facility, a school to be proud of …… and so it was with Deagon Grammar!

“Warm hello to all past students of the Sandgate District State High School, more specifically, those who were enrolled for the first 5 years of the School opening its doors.”

In This Issue
- Warm Hello
- Vale Seaview Hotel
- History Lesson
- Owen Childs Remembered
- The Sonics Connection
- Looking for suggestions
- Contact Details

You must remember ……them!

Staff 1959
Back Row:
Mr G. Lutrell,
Mr J. Lyons
Front Row:
Mr A. Vise (Principal);
Mrs G. Mathers and
Mr A. Faragher

Click here to view the full newsletter

Dance Night
Sandgate DSHS is proud to support past students “The Sonics” at their upcoming “Rock Under the Clock” Dance Night at the Sandgate Town Hall on Saturday 16th May.

The Sonics are all past SDSHS students who started at our school in its second year (1960). Garry McDonald, Robin Werda, Rodney Kippen and Robert Bligh were all members of the original group with Spiro Mostratos and Phil Alderslade on vocals in the early days. These mates continued on from playing for our School Dances to be arguably one of Australia’s only rock-n-roll bands still to be performing regularly with its original members. The band played in the Sandgate Town Hall’s 100th Celebrations in 2012 and only last December played in what will hopefully be a twice a year Supper Dance.


Photographs below are at Sandgate Town Hall in 1962, 1963 and 2007. All of these were taken at SDSHS term
dances or Past Students' functions.
Absentee Phone Line  3869 9802

Sandgate District State High School has established a phone line to report student absenteeism. Please phone 3869 9802 directly to advise the school that your child will absent.

You will be directed to a message bank, please leave a message ensuring you clearly state the students name, year level, reason for absence, dates absent and your relationship to the student.

Subscribe to our ENewsletter

We are excited to introduce you to our interactive, graphically rich, full colour, professional electronic newsletter.

To receive this service you will need a computer with internet access and email.

If you would like to receive our newsletter electronically, please use the link below to add your contact details.


This link is also available on our School Website at www.sanddistshs.eq.edu.au

Paper copies are available for collection (each fortnight) from the student foyer, for families who do not have access to the internet.
Sandgate DSHS Online Communities

In 2012, Sandgate DSHS launched into the 21st Century and set up official Facebook and Twitter accounts. Regular updates from the school calendar and messages about upcoming events are fed into the social network. Direct links to the official Sandgate High Twitter and Facebook pages can be accessed through the school’s website (https://sanddistshs.eq.edu.au/). Alternatively, please click on the links below to access the portals.

Community Notices

Uniforms for Sale

Very good condition just purchased at start of this year 2015:

- 2 (XS) girls t-shirts $20 each
- 1 x Size (10) formal dress $40
- 1x Woolen knit Jumper size (14) worn twice $40
- 3 x girls Shorts (M) $15 each
- 1 x hat (L) $10

Free pick up/drop off can be arranged for this Friday (15th) only. Postage charges will apply after this date. Please contact Cassie on mobile number 0401 182 103 or email cass.1978@hotmail.com

Entertainment Books

The Entertainment book is a local restaurant and activity guide which provides hundreds of 50% off and 2-for-1 offers from the finest restaurants, cafes, attractions, activities, retailers and hotel accommodation. The Membership entitles buyers to exclusive offers that are virtually restriction free, literally pages and pages of offers to enjoy all year long. The brand new Entertainment™ Digital Membership puts all of the value of the Entertainment™ Book into the customer's smartphone. With 'hear me' technology and the ability to show and save using a phone, this is perfect for the person on-the-go, with no card or voucher to present.

For those of you who have never bought an Entertainment book, they are honestly a great buy and well worth the money. Although a purchase price of $65 seems expensive, by using just a few of the offers, you will soon see a return on your initial outlay. Some of the local deals in the Entertainment book include but are not limited to:
This term, Entertainment books are being sold by Patricia Fong. Payment can be made through our payment page on [http://www.entbook.com.au/911j933](http://www.entbook.com.au/911j933) and books can be collected from the office. For those who purchase a digital membership, an app will be sent directly to you so that it can be downloaded to your phone.

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<th>Buy 1, get 1 free at:</th>
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<td>The Full Moon Hotel</td>
<td>Belvedere Hotel, Woody Point</td>
<td>Underwater world, Mooloolaba</td>
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<td>The Paleo Café</td>
<td>The Eatons Hill Hotel and Function Centre</td>
<td>Complimentary 18 holes of Putt Putt when another is purchased at Victoria Park</td>
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<td>Panama Jack's, Bracken Ridge</td>
<td>The Phoenix, Bracken Ridge</td>
<td>Brisbane Lions game, Roar or Brisbane Broncos</td>
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<td>The Outback Steakhouse, Aspley</td>
<td>The Groove Train</td>
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Green Heart Fair
Australian Goju Kai Karate
Team Bots Fundraising Event
‘Skate’ for Team Bots
Boondall Ice World
Fundraiser!

Join the fun at this Ice-skating Fundraising event to help raise funds for Team Bot’s BMX Racing incorporations entry to the BMX World Titles in Belgium this year!

When: Friday 29th May from 7:30pm - 10pm
Where: Boondall Ice World.
2304 Sandgate Road, Boondall
Cost: Only $25pp
(includes a 2.5 hour party, skate hire, giveaways, prizes and raffles and lots of FUN!)
RSVP: Tickets are limited so RSVP now by going to the event page on facebook OR call 0422 845 019

Follow the event on facebook
Skate for Team Bots!

Follow Team Bots Racing Incorporation on facebook!
SUNDAY MARKETS
at Sandgate DSHS
41 Braun Street Deagon
Every Sunday 5am – 12 midday