A message from the Acting Principal...

Over the last three weeks I have had a number of conversations with employer groups seeking employees and apprentices for next year. Using the information they provided, I spoke to students on assembly this week about how our school values link with the required employability skills that employers are seeking in both school and university graduates. Listed below are some examples of these crucial skills for the world of work and how they link with our expectations:

**Be Respectful:**

- Understand work roles and workplace rights and expectations.
- Recognise and respond to differing values, beliefs and behaviours, to draw on diverse perspectives for work purposes and to manage conflict when it arises.

**Be Work Ready:**

- Manage decisions throughout life about how, when and where to work.
- Identify and complete the steps needed to undertake tasks and manage workloads.
Be Your Best:

- Create, apply and recognise the value of new ideas to solve problems, improve or develop new processes, products or strategies, or deliver new benefits.

Students and parents can learn more about employability skills at:

http://myfuture.edu.au/getting-started/what-is-a-career/what-are-employability-skills

Einbunpen:

Sandgate District State High School and our Parent and Citizens ran a combined stall at the recent Einbunpen festival at Sandgate. It was a tremendous day with the school using the opportunity to advertise our successes to the broader community while the Music Supporters Group did some fundraising for the Music Department’s Victorian Tour. Throughout the day we were involved in choir performances, pop-up band performances, science experiments and sport testing. Thank you to everyone involved.

Partners in Progress

Last week saw the school present a very informative session, assisting parents with cybersafety. Our next Partners in Progress session is in the Resource Centre at 9.30 on Friday 14 August and will focus on assisting parents to improve student literacy.

Year 10 into 11 Evening:

Our Year Ten students had their subject selection evening last week. Under our new senior school philosophy, students have already been studying subjects that directly align with their senior subjects which has assisted students in making some difficult choices for next year. Parents were shown how this process has led to a massive improvement in student engagement, and how our QCE attainment figures are amongst the best in the region. Year 10 parents will be invited back into the school on 26 August for SET Plan interviews.

Jim O’Neill | DEPUTY PRINCIPAL

P&C MEETINGS | THIRD WEDNESDAY OF EACH MONTH
6.30PM | SCHOOL RESOURCE CENTRE (LIBRARY) | ALL WELCOME
NEXT MEETING: 19 AUGUST 2015
## What's On

### 3 - 21 August 2015

<table>
<thead>
<tr>
<th>SEMESTER 2</th>
<th>2015</th>
<th>TERM 3</th>
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<tbody>
<tr>
<td><strong>Week 4</strong></td>
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<tr>
<td>Mon 3 Aug</td>
<td>District Athletics</td>
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<td>Tues 4 Aug</td>
<td>District Athletics</td>
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<td>Wed 5 Aug</td>
<td>Senior District Finals</td>
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<td>Thu 6 Aug</td>
<td>Yr 10 Hospitality</td>
<td>Coffee Club Excursion</td>
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<tr>
<td>Fri 7 Aug</td>
<td>Senior Volleyball Schools Cup</td>
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| **Week 5** |            |        |
| Sat 8 Aug - Sun 15 Aug | Years 11 & 12 Ski Trip |       |
| Tues 11 Aug | Years 11 & 12 Tourism Excursion - Exhibition |     |
|             | Year 11 Business - Exhibition |      |
|             | Year 11 Business Education - Exhibition |     |
| **Wed 12 Aug** | EXHIBITION HOLIDAY |       |
| Fri 14 Aug  | Cougar Cup Netball |       |
|             | Years 11 & 12 MRT & VAS Field Trip |      |

| **Week 6** |            |        |
| Mon 17 Aug | Principal's Honour Roll |      |
| Tues 18 Aug | Yamaha Training Day |       |
|             | BYOx Information Night |     |
| Wed 19 Aug - Fri 21 Aug | Year 11 Biology - Stradbroke Island Camp |    |
| Wed 19 Aug  | QTAC University meeting |       |
| Fri 21 Aug  | Cougars Cup - Under 15 |      |

[CLICK HERE](#) TO VIEW OUR CAFE IBIS MENU

[CLICK HERE](#) TO VIEW OUR UNIFORM PRICE LIST/ORDER FORM
Academic Awards Night 7pm 4 November 2015

This premier event of the Academic Life of the school takes place on the first Wednesday in November each year, and recognises and rewards student Academic success and achievement. The evening, run by the Year 12 Student Leaders, incorporates student performances, the Academic and Special Awards and a maximum of two speeches, to conclude before 9pm.

The criteria for Academic and Special Awards are published on the school website: www.sanddisths.eq.edu.au

Students and teachers are able to nominate a student for such prestigious awards as Rotary Best All-Rounder (Year 10), Caltex Best All-Rounder (Year 12) and Yvonne Levien Student of the Year (Year 12). Self nominations are encouraged for these awards and also for the Evergreen Church Grants (Mathematics, Science and Education – Year 10), and Northgate Remembrance Lodge Bursary (Year 12).

Nomination forms can be downloaded from the website www.sanddisths.eq.edu.au or obtained at the student counter in the office.

Completed forms must be submitted no later than Friday 18 September, 2015. All nominations will be considered by a committee of Administration, Heads of Department and Year Level Coordinators.

Important Dates

Evergreen Church Grants Applications Close - Wednesday 26th August 2015

All other Applications close – Friday 18th September 2015

Naomi Dargusch | Public Relations Administration Officer

BPOINT

Click here to view information about an additional payment channel which is available to you to pay your school invoices.

Jim O'Neill | Acting Principal

Senior Schooling News

QCS Workshop

The final QCS Workshop for Year 12 QCS students will be held on Wednesday 26 August upstairs in K Block. The workshop will run from 8.45am – 2.55pm and will be presented by Mr Matthew Rigby. This will be the last opportunity for our Year 12 students to practice their skills before the QCS Test on Tuesday 1 September and Wednesday 2 September 2015.

USI Numbers – Very Important for Year 10, 11 and 12 Students
Every year 10, 11 and 12 student at Sandgate District State High School needs to apply for a USI number and give this number to Samantha Churchill in AG10. **This MUST be done as soon as possible.** Students who do not submit USI numbers cannot be given any VET qualifications.

This was made compulsory from 1 January 2015 by the Australian Government. The USI is a Unique Student Identifier (USI) and will link information about a student’s VET achievements, regardless of where they studied, ensuring that VET records are not lost and make it easier for students to have access to their VET educational information.

**No USI = No Qualification**

Well done to those students who followed through on this task! The students who have not need to do so as quickly as possible.

To apply for your USI online simply visit usi.gov.au with some form of identification such as a Driver's Licence, Medicare card, Australian Passport, Birth Certificate or Citizenship Certificate, and follow the steps. Once you have been issued with a USI number you will need to bring it in to Sam Churchill in AG10 for recording purposes.

**Year 12 Students Certificate II Workplace Practices**

Time is running out for Year 12 students to complete the final competency for Certificate II Workplace Practices and gain that extra QCE point. You should all have been given the necessary paperwork to take to your employer for signing. Don’t forget to return it to Sam in AG10 so we can sign you off and issue you with your certificate, providing you have supplied your USI number.

**Student Tax Time - Lodging a Tax return**

Click [here](http://publish.newsserv.com.au/epublisher/printfriendly.php?id=214748458967&schoo...) to follow simple steps on lodging a tax return for the first time.

Further information:
Human Movement News

Human Movements Week has been a huge highlight for all students at Sandgate DSHS. The week included a special guest visit from five time Olympian Natalie Cook. Lunch time activities consisted of table tennis, street ball basketball challenge and handball competition between teachers and students. The week finished with the Senior Leader group running the Senior Secondary Dance on the Friday night.

The pinnacle of the week was the Track and Field carnival. The students participated with a high level of spirit and enthusiasm during the day, which resulted in the largest number of athletes to ever qualify for the district...
team. The mighty Collins House were champions on the day with over 3500pts, followed by Hinkler on 3290pts. Story has finally placed third in a carnival which looks like the tides might change in the future.

Congratulations to our age champions.

12 Years: Carla Laurenson & Mitchell Stanton

13 Years: Alicia Perrett & Alexander Kan

14 Years: Jasmine Fretwell & William Dobson

15 Years: Olivia Jozefowski & Harry Estreich

16 Years: Carly Schulz & Tom Salter

17 Years: Maddie Adams & Connor Bloss

Jonathan Hatch | Acting HOD Human Movements
WEL Term 3

This term in WEL, junior secondary students will be working through concepts relating to developing a sense of purpose. A sense of purpose (or meaning) is the motivation that drives you toward a satisfying future. It also helps you to get the most from the things you do and achieve – large and small – right now. Your sense of
purpose is shaped by things you believe in and value – your own personal code of behaviour.

<table>
<thead>
<tr>
<th>With a sense of purpose you can.....</th>
<th>Without a sense of purpose you may.....</th>
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<tbody>
<tr>
<td>Keep going when things get tough</td>
<td>Feel overwhelmed by things in your life</td>
</tr>
<tr>
<td>Feel more confident to make plans and prioritise things in your life</td>
<td>Feel like nothing you do matters</td>
</tr>
<tr>
<td>Recognise the things in life that truly count</td>
<td>Feel that setbacks are much more significant than they need to be</td>
</tr>
<tr>
<td>Be more resilient as you grow</td>
<td>Be unable to decide on what to do, or which direction to turn....</td>
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</tbody>
</table>

Krista Cameron | WEL Program

Music News

Dinner Dance

Come along and support this fabulous event. Profits go to our exciting, expanding music program!

To book tickets, email lmack35@eq.edu.au or doshe5@eq.edu.au A letter regarding this will be sent home to the Instrumental Music Families.
Lilydale Heights College

Lilydale Heights College (Melbourne) students and staff visited our school on Tuesday 21 July. It was a fabulous event with rehearsals, Bar-B-Que and concert. The community support the concert and the music staff is very appreciative! We will be visiting their school and doing a similar thing in October on our Melbourne trip.
Einbunpin

A huge thank you to all the families that supported us at Einbunpin. It was a lovely day, the students were just amazing. The choir, those that did come along, were just delightful and I feel very proud to be part of this school!

The individual and small group performers were also just amazing!

Thanks for the lollies, the work on the stall...everything you do for SDSHS!

Tour News

The next instalment for the Melbourne tour of $300, is now overdue. Please contact us if there are any
Music Photos

Music group photos will be taken on Monday 24 August before school. Students need to wear formal school uniform. Starting at 8am, the photos will be taken in this order:

SWE
Concert Band
Stage Band
Junior Stage Band
String Ensemble
Percussion Ensemble
Choir

Debbie O'Shea | Music Teacher

School Based Youth Health Nurse News

GOOD MOOD FOODS!

Not all food is created equal. There are actually some types of food out there that really make us feel good and help to elevate and regulate our mood. Some food gives us an instant ‘high’, while others have a more slow-burning positive effect.

Below are the top 5 ranked Good Mood Foods:

All of these foods will boost the effectiveness of various hormones and chemicals we need to feel uplifted and balanced. Some are even claimed to be more effective in treating depression than prescription drugs – we might even be able to heal ourselves with food!

1. Anything high in Omega 3

- So salmon, mackerel, sardines, fresh tuna, fish oil.
- Flaxseed, and flaxseed oil.
- Walnuts
Studies have proven that populations who regularly include fresh fish in their diet have fewer cases of depression and mood disorders.

How does it work? (The nerdy stuff)

• Omega 3 allows for better absorption and distribution of our happy chemicals.
• Low levels of Omega 3 is sometimes associated with depression and getting more of it into your diet can help in some cases.
• Omega 3 also increases our levels of serotonin – a mood balancing chemical that helps us feel happy and relaxed.
• It aids in brain health (Walnuts kinda look like little brains so it’s easy remember what they’re good for)
• It’s generally great for our arteries, blood and all round health!

2. Spinach and lemon juice

When we mix spinach and lemon juice, we not only have an extremely tasty combination (think Greek food!) - we also have a double hit of happy.

Why?

• Spinach is high in folate, which helps to maintain levels of serotonin (happy chemicals).

• As we talked about in the earlier post, serotonin helps regulate our mood and interestingly 80% of this is found in the gut – so it makes complete sense that the food we eat totally has the power to alter our moods!

• Lemon juice (or any citrus like oranges, limes etc) is high in vitamin C which helps maintain our red blood cell count and produce an important mood balancing chemical as well.

• The vitamin C in the lemon juice helps to activate all the awesome vitamins and minerals in the spinach. They’re a match made in heaven!

• Folate deficiency is sometimes associated with depression and spinach is full of the good stuff - think about Popeye, he was always such an upbeat guy.

3. Chicken and Turkey

It’s all about ‘chicken soup for the soul’

It may not always be the prettiest meal but it has long been known that chicken soup is a general tonic for all of life’s ailments. Well there’s actually some science to back
it up. It makes you feel comforted and happy for a very good reason.

Why the warm fuzzies?

• Both chicken and turkey contain tryptophan, B6 and selenium.
• Trypto-what you say? Tryptophan is an amino acid that aids the creation of a happy chemical (serotonin) and is used to help treat insomnia and depression.
• B6 helps to calm stress and plays an important role in making our happy chemicals (serotonin & dopamine)
• Selenium helps in the formation of the positive signal carriers in our body.

Keep an eye out for my own very special ‘kick the flu & lose the blues’ chicken soup recipe, coming soon. It works. Or you could try some delicious turkey this Christmas for some extra seasonal cheer!

4. Dark chocolate/Raw cacao

Now I don’t mean to come off all hippie here but I checked it out once and for all. Cacao is the original South American name for ‘cocoa’- thought to be one of those weird cultural spelling mistakes that caught on. They are the same thing. Cacao is the central ingredient used for making good quality chocolate.

I need to be clear here. Before you go gleefully stocking up on confectionery please note:

Eating a block of Cadbury’s or a Mars Bar is not going to make you happy. Not even close.

You will experience a brief sugar high followed by a severe drop that will leave you feeling low and craving more sugar. Added to that you’ll probably feel a little guilt as well. Not to mention that the additives and fillers in most highly processed cheapie chocolate brands are seriously nasty and extremely fattening. Sugar highs don’t count on my Good Mood Food list because they are immediately cancelled out by the inevitable ‘low’ and craving that follows.

The good news is that good quality chocolate products or even raw cacao products really work a treat!

So how does dark chocolate make us feel good?

• It directly stimulates endorphins which make us feel a sense of pleasure and well-being.
• It also contains tryptophan (Read back on No. 3 for more info on this one!).

• Dark chocolate contains a certain amino acid which helps to make your happy chemical, dopamine.

• It’s a natural stimulant and is known to increase flow of oxygen-rich blood to the brain. Yay for chocolate!

More good news - you can find some decent quality dark chocolate products in your average supermarket. The key is – the darker the better and definitely buy something good quality like Lindt. The beautiful part is, when you eat the good stuff – like dark 70 - 85% cocoa, or raw cacao products - you really only need a small amount to achieve the desired uplifting effect. Eating too much may make you feel sickly – it’s quite potent stuff.

My personal favourites include Pana Chocolate, and Rawganic brands – available at most good health food shops. But if you’re trying to get off the ‘glass and a half’ stuff – try swapping it for Lindt dark chocolate as a generally classier and healthier option.

5. Popcorn

Why does popcorn come in on the top 5 list?

First of all, popcorn is just straight fun. It’s fun to make, it’s fun to eat and it smells like the movies. Positive associations are definitely going to lift our mood and popcorn is a good-times food.

What makes popcorn so special?

• Popcorn is carb-rich but low GI (glycemic index) and these kinds of food make our serotonin levels rise, making us feel relaxed and happier.

• Popcorn is also high in fibre and with a low GI – it’s just like the carbs found in fruit, vegetables and whole grains (these are all mood enhancing foods!).

• Popcorn gives us a slow-burning source of energy that is much more stable and balancing than getting a quick hit of cake or biscuits.

• Home-made popcorn is 100% healthier than microwave or pre-made options. They are usually full of horrible flavour additives.

**Warning:** all carbohydrates are not equal. We need to be careful about stuffing ourselves full of nasty, high GI, high sugar, processed carbs - as these will have the same effect as poor quality chocolate. We’ll experience instant gratification followed by a big ol’ low and then more craving – leading to weight gain and generally poor...
health. I call these ‘Bad Mood Foods’. Rather than levelling us out, they throw the balance of our internal chemistry right out of whack.

Other things relegated to my Bad Mood Foods list include:

• All energy drinks - stay away! They’re not good for you on so many levels!
• Junk food & Fast food. This is pretty self-explanatory.
• Anything that has its own TV commercial.

Final notes:

• Eating a diet low in processed food and high in fresh vegetables, fruit, whole grains and protein is scientifically known to be a key factor in not only physical, but also mental health.
• Don’t forget the power of simple things like sunshine and exercise to lift your spirits too. Vitamin D (from the sun) really works! And exercise releases endorphins, which are our bodies’ natural way of getting high.
• Also, sometimes an undiscovered food intolerance can really affect your moods, so if you feel a little out of sorts a little too often it could be worth getting yourself checked out for food sensitivities as they’re fairly common these days.

Food and mood are completely related – remember 80% of our serotonin is found in the gut so we really are a reflection of what we eat. It can influence our thoughts, moods and emotions. Think about your food choices and go for things that will make you healthier and happier in the long-term rather than the quick fixes. Real food = good mood. Happy eating!

Here’s the challenge for you all: go and try some of these foods for a few weeks and see if they make a difference to your mood.

Good Luck

Mandy Trempus  |  Youth Health Nurse

2015/2016 Entertainment Books
Entertainment Books for Sale

It’s the PERFECT time to purchase an Entertainment Book!!!!

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 ‘near 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.

Some of the great bargains in the Entertainment Book:

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<th>Buy 1, get 1 free at:</th>
<th>25% off the total bill at:</th>
<th>Buy 1, get 1 free at:</th>
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<tr>
<td>The Full Moon Hotel</td>
<td>Belvedere Hotel, Woody Point</td>
<td>Underwater world, Mooloolaba</td>
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<tr>
<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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<tr>
<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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<tr>
<td>The Outback Steakhouse, Aspley</td>
<td>The Groove Train</td>
<td>Lollipops Playland &amp; Cafe</td>
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This term, Entertainment books are being sold by Patricia Fong. Payment can be made through our payment page on [http://www.entbook.com.au/911933](http://www.entbook.com.au/911933) 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.

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.sanddisths.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://sanddisths.eq.edu.au/). Alternatively, please click on the links below to access the portals.

Community Notices

StoryArts Festival Ipswich
StoryArts Festival Ipswich

Presented by the Ipswich District Teacher-Librarian Network

Meet Authors and Illustrators

Family program
6-12 September
After school
The Magic of Phyllis Wong Show with Geoffrey McSkimming and The Lady Magician
Andy Griffiths, Terry Denton and Jill from the Treehouse series
African Drumming with Yalanga Khoza
Ninja Party – with Tony Flowers, Peter Carnavas and Damon Young
Children at War – performed by Fractal Theatre
Cartooning with Terry Denton, Peter Carnavas and Tony Flowers
Bookgig of James Moloney’s Bridget – Fractal Theatre
Terrible Lizards – A dinosaurs, dragons and crocodiles party with 9 authors and illustrators
Free

Many Story Treehouse Exhibition
6-20 September
Check website for opening times
Ipswich Community Gallery
Illustrations by Terry Denton and local students
Free

Eric Vale, Eric Fail play
11-12 September
Friday evening and Saturday matinee and evening
Studio 188, 188 Brisbane Road, Ipswich
Based on the book by Michael Gerard Bauer and Joe Bauer, presented by THAT Production Company
Bookings www.thatproductioncompany.com.au

Bookings online: idtl.net.au
Enquiries Email: info@idtl.net.au

Deagon Community Race Day
Sunday Markets at Sandgate District State High School
SUNDAY MARKETS
at Sandgate DSHS
41 Braun Street Deagon
Every Sunday 5am - 12 midday