A message from the Principal...

Below is a photograph of some of our P&C members. Becoming involved in the P&C is both informative and rewarding. At the last P&C meeting we discussed issues as varied as our application to become an Independent Public School, having a stall at the Einbunpin Festival in 2015, facilities to accommodate music, art and performance and attracting more parents to become involved in the P&C. Parents were alerted to key dates for Year 9 Pathways information night, Senior Education and Training Planning day for Year 10 students and the “A for Effort Morning Tea” to celebrate the achievement of students who always work hard and to the best of their ability.

Students are more likely to be successful at school if their parents/carers are involved in the school. The school community is strengthened when large numbers of parents become actively involved in their child's schooling. In addition, as Principal, I always enjoy the diversity of viewpoints and advice provided by parents to help make our school a great place for students and staff.
Justyne Wilson, our P&C President, is keen to start planning P&C projects for the future. There is a saying that “more hands make light work”. I would encourage you to pencil in P&C Meeting Wednesday 17 September 6:30-7:30 pm Library into your calendar and join us for our next meeting. We are a very happy, inclusive, welcoming and interesting group of people.

**New formal uniform 2015**

All Year 10 students will purchase the new school uniform for next year, as will Year 7 and 8 students. The new uniform is the same from Year 7-12. However, the senior school (Year 10-12) will be distinguished by the wearing of a tie, with the boys tucking in their shirt. 2015 will be a transition time for the new uniform for the rest of the school with complete implementation in 2016. The new uniform will be available from the uniform shop in term 4.

*Mrs Jeanette Gentle PRINCIPAL*
What's On

25 August - 12 September 2014

<table>
<thead>
<tr>
<th>WEEK 7</th>
<th>DATE</th>
<th>ACTIVITY</th>
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<tbody>
<tr>
<td>Mon 25 Aug</td>
<td></td>
<td>Sports Photos</td>
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<td>Thurs 28 Aug</td>
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<td>Year 11 Cert III Early Education &amp; Care</td>
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<td>Fri 29 Aug</td>
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<td>Year 9 Geography</td>
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<tr>
<td>Mon 1 Sep</td>
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<td>Excellence for Effort morning tea</td>
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<tr>
<td>Tues 2 Sep</td>
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<td>QSC TESTS</td>
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<td>Wed 3 Sep</td>
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<td>QSC TESTS</td>
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<td>Wed 3 Sep</td>
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<td>Year 11 Leadership Program</td>
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<th>WEEK 9</th>
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<tr>
<td>Wed 10 Sep</td>
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<td>Year 11 Leadership Program</td>
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</table>

CLICK HERE TO VIEW OUR CAFE IBIS MENU

CLICK HERE TO VIEW OUR UNIFORM PRICE LIST

New School Uniform information

The new school uniform will be available for purchase from the uniform shop in Term 4. Click on the links below for Information on what the new requirements are and the price list. Students will be able to continue to wear the old uniform until it needs to be replaced during the transition to the new uniform period. Please remember that the sport shoe dress code is “predominantly black or predominantly white” sports shoe. Some students are purchasing grey shoes with bright colours which are not compliant with the code. Unfortunately, this means that students will have to purchase another pair of shoes which are compliant with the code.

Uniform requirements flyer  
Uniform Price List
QCS TEST and BREAKFAST

The final countdown has begun! It is only one week until our Year 12 cohort undergoes QCS testing with the test being held over two days, Tuesday 2 September and Wednesday 3 September, in the school Performance Hall.

Mandy Trempus, Sandgate DSHS’s school nurse will once again provide a nutritious breakfast for our Year 12 students. Breakfast will be served in the Hospitality block from 7.30am with a wide range of delicious hot and cold food to choose from.

Students need to be well prepared for the tests by having the following equipment ready: black ink pens, 2B pencils, pencil sharpener, eraser (white gum), ruler, approved calculator, protractor, drawing compass, coloured pencils, correcting fluid/tape, fluorescent marker, set square and transparent container to carry equipment.

We remind students and their families that eating healthy food, drinking plenty of water and quality rest (without being interrupted by texts or phone calls during the night) will greatly improve test performance.

Good luck to all our Year 12 students!

Judi Robinson | HOD Senior Schooling | QCS Chief Supervisor

Academy of Sport Dinner 2014

The preparations for the inaugural Academy of Sport Dinner are well and truly underway. All five strands of AOS will be celebrated on this evening (AFL, Rugby League, Netball, Football and Athlete Development Program).

These functions are a great way to celebrate the successes and achievements of our Academy of Sport students for 2014. This year students will be required to purchase a place for themselves and accompanying parents to
attend the AOS dinner. There will be a strict deadline for payments for this year’s dinner and any outstanding school fees will need to be paid in full to be eligible to purchase a place for this event.

**Academy of Sport Dinner Details**

- **Date:** Thursday 18th September, 2014.
- **Time:** 6:00pm for a 6:30pm start
- **Venue:** Blue Pacific Room, Kedron Wavell Services Club
- **Cost:** $40.00 per person
- **Payment:** Due 10th September, 2014

Jonathan Hatch | Human Movements

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**Literacy Olympics Success**

On Monday the 18th of August, a team of intelligent, articulate and enthusiastic year eight and nine Sandgate high school students travelled to Wavell State High School with Ms Patricia Fong to compete in the annual Literacy Olympics. The event was well attended with 60 teams from 17 schools.

Students flexed their intellectual muscles in events that tested grammar and general knowledge as well as visual, gestural and oral communication skills. Our literacy athletes performed exceptionally well, with one of our year eight teams bringing home the silver medal and one of our year nine teams taking first place to claim the gold medal for Sandgate.

Jemma McCrossin, who was on the victorious Year 9 team, had this to say:

*We’d like to thank Wavell State High School for giving us this amazing opportunity and for all the prizes and giveaways throughout the day. In the end, we all had an awesome day and did really well, with one of the year 8 teams, consisting of Tim Estreich, Donald McCallum, Conor Sullivan and Gordon Glencross coming runners up and one of the year 9 teams consisting of Jemma McCrossin, Georgina McCallum and Ashleigh and Emily Chang winning. Wonderfully, the girls of the year 9 team are back-to-back champions as they were the reigning champions from last year. In reality, all students who attended the day are winners because when you have the chance to have that much fun while learning, everyone is a winner!*

Congratulations to our literacy athletes:

**Year eight team A:** Liliana Tognolini, Tahlia Faint, Jamie Robertson and Kate Estreich.
**Year eight team B:** (silver medal winners) Donald McCallum, Conor Sullivan, Tim Estreich and Gordon Glencross.

**Year nine team A:** (gold medal winners) Georgina McCallum, Jemma McCrossin, Ashleigh Chang and Emily Chang.

**Year nine team B:** Lucas Abbey, Asher Horner-Neal, Lei Kay and Chris Nebe.
CONGRATULATIONS!
Your efforts are outstanding.

Total questions answered at Sandgate District State High School: **151,443**

Last term our language students participated in the global Language Perfect competition and once again students received certificates in all areas. As promised, here is the overall winner (drumroll please!):

**Monique Chetty – Elite Award**

It was a nail biting competition right down to the last few minutes, as the person to win second place, by just a few points, was (more drumroll please!):

**Camille Mameloco – Elite Award**

And here are all other certificate winners:

Here are further statistics about where we sit globally in 2014

**Sandgate District State High School Achievements:**

- 361st overall globally (out of 1151 schools)
- 27th overall in the 51-100 students category (out of 169 schools)
- 51st overall in QLD (out of 176 schools)
- 260th overall in Australia (out of 778 schools)
- 17th in Australia for the 51-100 students category (out of 98 schools)
- 6th in QLD for the 51-100 students category (out of 33 schools)
- 63rd overall in German (out of 878 schools)
- 5th for German in the 51-100 students category (out of 113 schools)
- 13th for German in QLD (out of 136 schools)
- 54th for German in Australia (out of 599 schools)

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*Ms Simone Phillips | German Teacher*

**Language Perfect Participants**

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**Year 12's are 'Responsible in Alcohol Service'**
Twenty-nine, Year 12 Students achieved their “Responsible Service of Alcohol” certificate two weeks ago. This certificate allows the students to work with alcohol within the Hospitality Industry. It is a legal requirement to have this qualification before commencing work in any place that sells or supplies alcohol, including coffee shops. Sandgate students are, therefore, one step ahead of any other person applying for a position with the industry after finishing school.

We have been successful in gaining a 100% pass rate for this certificate and were commended on this, and the good manners of our students, by the Liquor Licensing accredited trainer. The students were very involved in questioning and discussion throughout the day. Well done Year 12 students.

Jodie Miller | Subject Coordinator Home Economics, Hospitality, Early Childhood

VET News

Certificate III Hospitality School Based Traineeship

Sizzler Toombul are currently offering students the opportunity to apply for a school based traineeship studying a Certificate III in Hospitality. If this sounds like something that you would be interested in doing, please email a copy of your Resume to hireme@clubtraining.com.au and visit http://jobs.sizzler.com.au to complete a quick online application. The closing date is Thursday 28 August 2014.

TAFE and Skills Tech Applications for 2015

If you are currently in Year 10 or 11 and are thinking of studying at TAFE or Skills Tech in 2015, applications have now opened. Courses offered include Certificate II Electrotechnology, Certificate II Automotive Vocational Preparation, Certificate II Animal Studies, Certificate III Media and Certificate II Horticulture.

TAFE Brisbane will be holding information evenings this week giving students the chance to visit the facilities, meet the teachers and find out more about what is on offer. There is no need to book, simply turn up to Caboolture campus on 26.8.14 5pm – 7pm or Bracken Ridge campus on 28.8.14 5pm – 7pm.

To find out more about these courses and see what other courses are available, please see Sam in AG10 for a course guide. Applications close 19 September 2014.

Samantha Churchill | SDCS Coordinator

Ski Trip 2014

Sandgate’s Ski Trip was a huge success
Students skied and boarded with finesse
Improving skills was their ultimate goal
And their quest: to conquer Smiggin’s Hole.
Throughout their stay, most students expressed
That Snowy Gums Chalet was a great place to rest
At night funny ‘Dummy Spit’ stories were told
And ‘Stack of the day’ tales were alpine gold

I’ve gotten ahead of myself, you need to know more!
About how the students studied each World War.
To the War Museum in Canberra they went
Detailing conscription, mateship and the race to circumvent

The A.I.S. was the next place to tour
Australia’s future gold medals - they want to procure
Students discussed budding athletes like Justin James
And completed balance, strength and agility games.

Learning was key in every part of their day
“But it was a school ski trip!” I hear you say
Nutrition, navigation and fitness all combine
To provide valuable lessons in this snowy alpine

To end this poem it is important to note
That students expanded horizons – the school motto I’ll quote
And with each skill gained, it is easy to see
That Perisher 2014 was the place to be.

Miss Simonne Bignell
A touchstone of effective learning in literacy is when students are in charge of their own literacy learning. If a child is pro-active and self-directed when it comes to decoding literacy problems, they tend to be more effective writers and readers. By taking initiative, students become more responsible for improving their literacy ability, thus improving ability overall. If students work on goals that they, themselves, have set, they feel more motivated to put care and effort into their reading and writing. If parents are aware of their child’s literacy problems (eg poor speller, weak writer, struggling reader), getting their child to take ownership of it and designing their own goals, often motivates the child to improve.

Kirsti Lines | Literacy Support Teacher

Student Environmental Leadership Network (SELN) Program

Environmental Fact #5

Organic garbage creates a greenhouse gas 20 times stronger than carbon dioxide.

The world is suffering enough from greenhouse gases already! We have to minimise the amount of litter floating around the globe.

Emma Vanzke | SELN Representative

School Nurse News

Why Teenagers should eat breakfast

Breakfast is the most important meal of the day.

The reasoning behind this is that breakfast:

- Gives you energy for the rest of the day
- Has shown to increase a student’s ability to concentrate in class
- Helps maintain a healthy body weight

Body image is important to teenagers. What most of them don’t realise is that eating breakfast lowers fat intake. This is because it can limit snacking of unhealthy foods throughout the day or overeating at other meals. Skipping breakfast is generally linked to greater body fat and sets up extreme hunger patterns later on in the day. Eating breakfast and small frequent meals throughout the day can prevent this.

This information is from www.betterhealth.vic.gov.au | www.breakfastfirst.org

If you would like further information contact Mandy Trempus, school based youth health nurse.

Sleep - Are you getting enough???
Sleep research suggests that a teenager needs between nine and 10 hours of sleep every night. This is more than the amount a child or an adult needs. Yet most adolescents only get about seven or eight hours. Many get less.

Regularly not getting enough sleep leads to chronic sleep deprivation. This can have dramatic effects on a teenager’s life, including reduced academic performance at school.

**Causes of sleep deprivation**

Some of the reasons why many teenagers regularly do not get enough sleep include:

- **Hormonal time shift** – puberty hormones shift the teenager’s body clock forward by about one or two hours, making them sleepier one to two hours later. Yet, while the teenager falls asleep later, early school starts don’t allow them to sleep in. This nightly ‘sleep debt’ leads to chronic sleep deprivation.
- **Hectic after-school schedule** – homework, sport, part-time work and social commitments can cut into a teenager’s sleeping time.
- **Leisure activities** – the lure of stimulating entertainment such as television, the Internet and computer gaming can keep a teenager out of bed.
- **Light exposure** – light cues the brain to stay awake. In the evening, lights from televisions, mobile phones and computers can prevent adequate production of melatonin, the brain chemical (neurotransmitter) responsible for sleep.
- **Vicious circle** – insufficient sleep causes a teenager’s brain to become more active. An over-aroused brain is less able to fall asleep.
- **Social attitudes** – in Western culture, keeping active is valued more than sleep.
- **Sleep disorder** – sleep disorders, such as restless legs syndrome or sleep apnoea, can affect how much sleep a teenager gets.

**Effects of sleep deprivation**

The developing brain of a teenager needs between nine and 10 hours of sleep every night. The effects of chronic (ongoing) sleep deprivation may include:

- Concentration difficulties
- Mentally ‘drifting off’ in class
- Shortened attention span
- Memory impairment
- Poor decision making
- Lack of enthusiasm
- Moodiness and aggression
- Depression
- Risk-taking behaviour
- Slower physical reflexes
- Clumsiness, which may result in physical injuries
• Reduced sporting performance
• Reduced academic performance
• Increased number of ‘sick days’ from school because of tiredness
• Truancy.

Preventing sleep deprivation – tips for parents

Try not to argue with your teenager about bedtime. Instead, discuss the issue with them. Together, brainstorm ways to increase their nightly quota of sleep. Suggestions include:

• Allow your child to sleep in on the weekends.
• Encourage an early night every Sunday. A late night on Sunday followed by an early Monday morning will make your child drowsy for the start of the school week.
• Decide together on appropriate time limits for any stimulating activity such as homework, television or computer games. Encourage restful activities during the evening, such as reading.
• Avoid early morning appointments, classes or training sessions for your child if possible.
• Help your child to better schedule their after-school commitments to free up time for rest and sleep.
• Assess your child’s weekly schedule together and see if they are overcommitted. Help them to trim activities.
• Encourage your child to take an afternoon nap after school to help recharge their battery, if they have time.
• Work together to adjust your teenager’s body clock. You may like to consult with your doctor first.

Preventing sleep deprivation – tips for teenagers

The typical teenage brain wants to go to bed late and sleep late the following morning, which is usually hard to manage. You may be able to adjust your body clock but it takes time. Suggestions include:

• Choose a relaxing bedtime routine; for example, have a bath and a hot milky drink before bed.
• Avoid loud music, homework, computer games or any other activity that gets your mind racing for about an hour before bedtime.
• Keep your room dark at night. The brain’s sleep–wake cycle is largely set by light received through the eyes. Try to avoid watching television right before bed. In the morning, expose your eyes to lots of light to help wake up your brain.
• Do the same bedtime routine every night for at least four weeks to make your brain associate this routine with going to sleep.
• Start your bedtime routine a little earlier than usual (for example, 10 minutes) after four weeks. Do this for one week.
• Add an extra 10 minutes every week until you have reached your desired bedtime.
• Avoid staying up late on the weekends. Late nights will undo your hard work.
• Remember that even 30 minutes of extra sleep each night on a regular basis makes a big difference. However, it may take about six weeks of getting extra sleep before you feel the benefits.

Other issues to consider
If lack of sleep is still a problem despite your best efforts, suggestions include:

- Assess your sleep hygiene. For example, factors that may be interfering with your quality of sleep include a noisy bedroom, a lumpy mattress or the habit of lying awake and worrying.
- Consider learning a relaxation technique to help you wind down in readiness for sleep.
- Avoid having any food or drink that contains caffeine after dinnertime. This includes coffee, tea, coke and chocolate.
- Avoid recreational drugs (including alcohol, tobacco and cannabis) as they can cause you to have broken and poor quality sleep.
- See your doctor if self-help techniques don’t increase your nightly sleep quota.

Mandy Trempus | School Based Youth Health Nurse

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 be 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 has launched into the 21st Century and have set up official Facebook and Twitter accounts. Regular updates from the school calendar and messages about upcoming events are fed into the social network. During the school closure in January this year, Twitter and Facebook served as a fundamental tool to keep the community up to the date with the flooding in surrounding areas. 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

Redcliffe Netball - Summer Twilight Season
2014 TWILIGHT NETBALL SEASON

Come and join the RLNA at this exciting time and be part of a new beginning for netball on the Redcliffe Peninsula and surrounding community.

New players and teams welcome!!!

Sign On Dates: Saturday 16th, 24th & 30th August 2014, 8am to 2pm
Wednesday 27th August & 3rd September, 6pm to 8pm
(online registration may also be available)

Venue: RLNA Courts, KR Benson Park, Maine Rd, Clontarf
Age: U11 to U18 (teams will be graded based on age and ability)
Season Details: 10 week fixture including 2 weeks grading
No finals (Medallions awarded to 1st & 2nd in each division)
Umpires: Each team must provide their own umpire (will not umpire own teams game)
Game Times: 5pm & 6.30pm (to be confirmed and dependent on number of teams registered)
Season Start: Wednesday 8th October 2014
Grading: Wednesday 8th & 15th October 2014
Season End: Wednesday 10th December 2014 (presentation after final match)
Cost: $95 per player (for 2014 NQ Member)
$162 per player (Non 2014 NQ Member)
Venue: RLNA Courts, KR Benson Park, Maine Rd, Clontarf

See RLNA website for full details www.redcliffe.qld.netball.com.au

Deagon Picnic Race Day
DEAGON RACECOURSE - 7 RACE PROGRAMME

Fully licensed event - Food stalls - XXXX Gold Retreat
PIMM’s Courtyard VIP Experience - Children’s Entertainment
Emeri Sparkling Fashions on the Field

www.deagonracing.com.au

Fathers Day at Eatons Hill
41 Braun Street, Deagon, SANDGATE, QLD 4017
PO Box 195, SANDGATE, QLD 4017

07 3869 9888
07 3869 9800
07 3869 9802

enquiries@sanddistshs.eq.edu.au
http://www.sanddistshs.eq.edu.au

FATHER’S DAY
SUNDAY 7TH SEPT
BREAKFAST, LUNCH & DINNER
BOOKINGS PHONE 3325 6777
WWW.EATONSHILLHOTEL.COM.AU

KIDS RIDES
9AM - 4PM

eatons hill
HOTEL & FUNCTION CENTRE