3 February 2015    Issue 1

Great Start to 2015

A message from the Principal...

The transition of Year 7 and 8 students into high school has been very smooth. Thank you to all parents who ensured their students were “work ready” by being at school, on time, in correct school uniform, with correct equipment and a great attitude to learning. You are reminded that our family welcome to high school BBQ is on Wednesday 11 February 2015 Year 7 5pm-6:30pm and Year 8 6pm to 7:30pm. Students received information about the BBQ in their enrolment pack. This is your chance to meet teachers and other parents.

Being “Work Ready” is one of our school values. It means at school, on time, every day, every lesson, in correct school uniform, with correct equipment and a great attitude to learning.

Student academic achievement is impacted by lateness or absenteeism from school. For example, if a student misses one (1) day per fortnight, they miss 20 school days per year (1 month per year) which, over 13 years of
schooling, is equal to finishing Year 11, rather than Year 12. If students are late to school they miss parades where important information is given, as well as missing significant instruction time. The school will be closely monitoring lateness and attendance this year.

Thank you for your patience with the school uniform. The school ordered uniforms in July 2014. However, there have been problems in the supply and manufacturing chain which our supplier has been working hard to rectify. Formal boy's shorts have now arrived in the Uniform Shop which is open Monday, Wednesday and Friday 8am-10am. Polo shirts should be available sometime this week. The new formal school uniform has proved very popular. Unfortunately we have sold out of size 14, 16, 18 boy’s formal shirt and size 8, 10, 22 and 24 formal dresses. Formal dresses should be knee length or longer. New formal uniform stock should arrive mid-February. Remember, students in Year 9, 10 and 12 can continue to wear the old formal uniform.

All Year 10, 11 and 12 students and Academic Achievers and Immerse IT Year 7, 8 and 9 students must have a laptop to be able to access the curriculum. The laptop fee is $200 and should be paid by Friday 6 February 2015. This is the end of the second week of school and we aim for all students to have their laptops by the third week of school at the latest.

The Student Resource Scheme payment of $270 per student is also due on Friday 6 February 2015. If you are having difficulty meeting this deadline, please contact the BSM Ms Sandra Dias on 3869 9888 to discuss a payment plan. Many families find it easier to manage their budgets if a fortnightly amount is direct debited from Centrepay or their salary. Appropriate forms to set up direct debit up can be obtained from our cash collection officer Ms Lisa Wagner.

You can encourage a great attitude to learning in your children by: being positive about school, teachers and learning; asking students about school; showing interest in school activities; ensuring students read every day; talking to students about what they are good at and what their learning goals are for the year; checking that students are doing homework and assessment and reinforcing your child’s positive attitude to school.

Finally, traffic has been very chaotic at the entrance off Depot Road near the Sports Hall. The purpose built drop off zone for the school is off Braun St. Please use this drop off zone as much as possible and be very vigilant and slow driving before and after school to minimise the chance of an accident.

Looking forward to another fantastic year, at a great school.

Jeanette Gentle | PRINCIPAL

P&C MEETINGS | THIRD WEDNESDAY OF EACH MONTH
6.30PM | SCHOOL RESOURCE CENTRE (LIBRARY) | ALL WELCOME
NEXT MEETING: 18 FEBRUARY 2015
What's On

2 - 20 February 2015

<table>
<thead>
<tr>
<th>SEMESTER 1</th>
<th>2015</th>
<th>TERM 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon 2 - Wed 4 Feb</td>
<td>Year 12</td>
<td>Leadership Camp</td>
</tr>
<tr>
<td>Week 3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon 9 Feb</td>
<td>Interhouse Swimming Carnival</td>
<td>Sandgate Aquatic Centre</td>
</tr>
<tr>
<td>Tues 10 Feb</td>
<td>Junior Leaders Induction Ceremony</td>
<td>1.45pm - 2.55pm</td>
</tr>
<tr>
<td>Tue 10 - Fri 13 Feb</td>
<td>Year 10</td>
<td>REC Camp</td>
</tr>
<tr>
<td>Wed 11 Feb</td>
<td>Welcome new SDSHS families BBQ</td>
<td>5pm - 7.30pm</td>
</tr>
<tr>
<td>Week 4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tue 17 Feb</td>
<td>Central District Swimming Carnival</td>
<td></td>
</tr>
<tr>
<td>Wed 18 Feb</td>
<td>P&amp;C Meeting</td>
<td>6.30pm</td>
</tr>
<tr>
<td>Wed 18 Feb</td>
<td>Senior Sport</td>
<td>Round 1</td>
</tr>
<tr>
<td>Thur 19 Feb</td>
<td>Nudgee Beach EEC</td>
<td>Year 12 Business &amp; Year 10 Tourism</td>
</tr>
</tbody>
</table>

CLICK HERE TO VIEW OUR CAFE IBIS MENU

CLICK HERE TO VIEW OUR UNIFORM PRICE LIST

2014 Student Results

2014 saw Sandgate District State High School students achieve the school’s best ever Queensland Certificate of Education (QCE) results with 98.1% of students attaining their certificate further improving on our excellent 2013 results. Students have been successful in gaining access to a range of university degrees including Actuarial Studies, Pharmacy, Speech Pathology, Engineering, Psychological Science, Biomedical Science, Economics, Education and Exercise Science. Our 2014 graduating cohort has certainly fulfilled the school’s expectation for each student to “Be Your Best”.

Jim O'Neill | Deputy Principal
Guidance Officer

A big welcome to all students and parents of Sandgate High for 2015, in particular any new students to our school.

The Guidance service in the school can assist with any career related or personal issues that your student may encounter. Please do not hesitate to contact me via the office with your enquiry.

Defence Force Recruiting

Australian Defence Force Academy Information Session

To find out more about ADFA attend the next information session:

When: Thursday 5 February 2015
Time: 6:00pm
Where: Defence Force Recruiting, Level 11, 410 Ann Street, Brisbane CBD

For any additional information see Mr Wishart, Guidance Officer.

How medical work experience can transform your students’ future careers

Year 12 students interested in Medicine see Mr Wishart, Guidance Officer

School Photos Information

Monday 2 March is our School Photo day. All students will be required to have their individual photos taken on this day, in order for their Student ID Cards to be produced. Photo order envelopes will be sent home next week. Students are required to hand their photo order envelope to the photographer on the day. Spare envelopes will be available at the school office. Students who are absent on Photo Day, will have their individual photograph taken on Monday 9 March. Formal Uniform and full compliance with the School Dress Code is required.

P&C News

On behalf of the SDSHS P&C I would like to welcome families and staff back to school for Term 1 2015. In particular, we would like to recognise this historically significant year in which we welcome the year 7 cohort into high school. This has been many years of planning under the leadership of Principal Ms Gentle and I trust...
Sandgate High will smoothly transition and continue to build of the tradition of embracing new members of the school community.

To officially introduce ourselves to new families, we would invite you to attend the SDSHS “Welcome to SDSHS BBQ” on 11 February: 5 – 7.30pm. This is an important time for new families to familiarise themselves with staff and student body, and learn a little bit about how the P&C are contributing to this fantastic school. We look forward to having a chat and a few snags with you then.

The P&C meets the third Wednesday of every month from 6.30 – 8.30pm in the School Resource Centre (Library) - our first meeting for 2015 is on February 18. We invite you to become a member (membership is free), or to join our mailing list by sending a “request to join mailing list” to our email:

pandcexecutive@sanddistshs.eq.edu.au

We very much look forward to working with Sandgate District State High School and community in 2015, drop us a line and say hi!

Tuck Shop News

The tuck shop is the P&C’s core business and this year we are pleased to be launching a “new look” menu, with all the old favourites and plenty more on offer. If you would like a copy of the menu, it is available on the website – or alternatively we can email you a copy by “request a copy of tuck shop menu”, to

pandcssecretary@sanddistshs.eq.edu.au

Swimming Carnival News

The Sandgate DSHS Inter-House Swimming Carnival will be conducted at the Sandgate Aquatic Centre on Monday February 9th, 2015. This is a special event and all students are to attend. Participation is the key to ensuring that your House is successful. The greater the number of students who compete in events the greater chance you have of accruing points just by completing the race.

All students need to find their own way to the pool however there will be a shuttle bus from Sandgate High to the Pool for those students that catch a bus or train to school. Students will need to register for this service before the carnival by writing their name on the list outside the PE staffroom.

Venue: Sandgate Aquatic Centre, 231 Flinders Parade, Sandgate, QLD

Date: Monday, February 9th 2015

Time: 8:30 – 8:45 for names to be recorded and money collected

Cost: $5 – this cost covers the pool and lifeguard hire and needs to be paid at the pool

What to wear:
Students are required to wear their Sports Uniform or House Colours to the Carnival. N.B. – No singlets, mid riff tops, no derogatory or inappropriate slogans. **Enclosed sport shoes and socks** are a requirement when not on the pool deck.

<table>
<thead>
<tr>
<th>School</th>
<th>House</th>
<th>Colours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Collins</td>
<td>Devils</td>
<td>Red and White</td>
</tr>
<tr>
<td>Hinkler</td>
<td>Hornets</td>
<td>Light Blue and White</td>
</tr>
<tr>
<td>Monash</td>
<td>Minatours</td>
<td>Green and Yellow</td>
</tr>
<tr>
<td>Story</td>
<td>Spartans</td>
<td>Purple and Black</td>
</tr>
</tbody>
</table>

**What to Bring:**

- Swimming togs, towel, hat plus sufficient food and drink for the day.
  - Sunscreen is to be applied numerous times throughout the day – in House areas plus during novelty events
- Shirts are to be worn during land based novelty events
- Students are to sit in allocated House areas and not on or near the edge of the pool.
- Crepe paper, body paint and nikko pens are **not permitted**

**Food:**

- Sandgate Pool staff will operate a kiosk during the carnival. Students will be permitted to go to the kiosk when their year level has a session allocated in the stands.
  - **Snow cones** will be available for purchase
  - **Sausage sizzle** will also be available

If you have any questions or concerns please call Mr Hatch at the school on 3869 9888.

*Click here to view program of events.*

---

**School Based Youth Health Nurse News**

Hello, my name is Mandy Trempus, I am your School Based Youth Health Nurse.

I am employed by Queensland Health to work in partnership with the school as part of a support staff team which promotes positive health and wellbeing of young people, their families and the whole school community.

My role includes working within the school community on issues that may affect the health and wellbeing of young people and the school community.

This service provides:
• One to one consultations -- young people are our primary target group, however we do include parents and school staff.

Confidentiality is provided at the same level of any person who accesses a Queensland health service.

Consultations include comprehensive assessment, brief interventions, information, support and/or referral.

Some health related areas I can discuss with students or parents are:

• Eating and body image issues
• Behavioural changes that can affect one’s learning capacity e.g. Sleep disturbances
• Risk taking behaviours
• Stress
• Self-esteem
• Friendships at school and bullying
• Personal and family problems
• Growth and development
• Sexual health
• Alcohol and drug awareness
• Referrals or information in regards to community agencies

The other important area in my role is to assist in supporting students with health and social / emotional issues.

Students with general concerns, such as peer and family conflict, self-esteem, bullying, or needing information on health related issues may be referred straight to me.

I am at Sandgate on Monday, Tuesday and Wednesday and can be contacted via email: mtrem7@eq.edu.au or via the main office.

I look forward to meeting many of you over the coming year.

Year 7 and 8 Students Starting High School

High School can sometimes be different to what you were expecting. It may be hard for some students to leave their primary school if they have good friends who have not moved with them to their new school.

Probably the most significant change is that when you were in primary school you were the top of the school and felt valued and important, you may even have been given extra responsibilities, but now in your new school you are the youngest of the students. Some of the older students may even tease you about this or at least let you know that you are the youngest.

New Stressors
Although a new school can be exciting and a lot of fun, you may feel a little stressed at times, some of the things you may feel:

- Confused by strange surroundings
- Sad that you may not be with your old friends
- Still waiting to make new friends
- Afraid that you may not be able to cope with the new lessons
- Worried that you may not find a new group of friends to hang around with
- Concerned your parents expect too much from you
- A bit tired and worn out from all the energy involved in starting a new school

How to cope:

Don’t panic! Remember that you are not the only person starting a new school, and that nearly every student starting high school is feeling like you. Here are some ideas that may help to ease the stress!

- Stay in contact with old friends for a while
- Give it time, many start off feeling lonely but soon you will find new friends
- Introduce yourself to someone you don’t know – they will probably appreciate it and then you will know someone
- Ask the Support Staff (Guidance Officer, Youth Health Nurse, Chaplain’s) or teachers to help if you are struggling with school in any way
- Get involved in school activities, music, sport and you will meet new people with the same interests
- Look at the positives of being at high school, new school facilities, more independence, more variety in teachers and classes, and choices in what you study
- If you feel like you are being harassed by anyone at your school, talk to someone you can trust.

Good luck and remember: YOU ARE NOT ALONE

Mandy Trempus | Youth Health Nurse

Human Movements News

WEL

This year brings many new initiatives to Sandgate High School. One such initiative of the Junior Secondary Planning group is WEL. WEL is a personal development program that is delivered to all Year 7, 8 & 9 students in HPE and ADP classes throughout each term.

W = Wellbeing (how you feel about yourself, your life and relationships)
E = Engagement (*active involvement in learning*)

L = Leadership (*the action of social influence*)

Sandgate has introduced this personal development program to assist our students gain skills to be happy, healthy, connected, resilient kids, who enjoy coming to school, learning, and may even improve their results academically!

There are 7 different units based on Beyond Blues “Sensibility” program that will be looked at one (1) or more times between the start of year 7 to the end of year 9. They are: **Self-worth, Belonging, Purpose, Essential Skills, Control, Humour and Future.** These topics will be presented in a variety of ways, mostly by our junior school HPE and ADP teachers, with the assistance of our school support service staff.

- Mandy our School Based Health Nurse
- Adrienne our School Based Police Officer
- Scott our school Guidance Counsellor
- Andy our school Chaplain
- Specialist guest presenters/ youth workers

The start of Term 1 sees all year 7-9 participating in some positive self-worth activities relating to self-esteem and ideas of self-concept. More information on Self Worth will be in our next newsletter.

Mrs. Krista Cameron | HPE Teacher

---

**Lions Youth of the Year**

The Lions Club of Brisbane Bramble Bay Inc extends an invitation to the staff, parents and students of Sandgate District State High School/ St Patrick's College to the Lions Youth of the Year Quest to be held at the Brighton Hotel function room (at rear), 196 Brighton Terrace, Brighton on Monday 16th February at 6.30pm for a 7pm start. Please RSVP to Mrs Dargusch 07 3869 9888 or email ndarg9@eq.edu.au by Friday 13th February 2015

---

**Library Art Competition**

We are looking for student artwork to feature on our official Sandgate District State High 2015 bookmark.

A4 – A3 scannable artwork should be submitted to the library by Tuesday 3 March.

All entries will be exhibited in the library with the winner’s work featuring, in part or whole, on our bookmark.
School-based apprentices sought for 2015 Queensland Training Awards

School-based apprentices and trainees have the opportunity to nominate now for a 2015 Queensland Training Award. The awards celebrate the state’s best apprentices, trainees, vocational students, teachers, trainers, registered training organisations and employers for their commitment to training excellence. To nominate visit the Queensland Training Awards website.

www.qta.qld.gov.au

IGA Entry Conditions

Students are reminded that Deagon shopping centre is out of bounds before school and straight after school. IGA management has advised that, should students go to shop in IGA outside these times, the following conditions apply:

- No school bags inside the store
- Entry through fruit and vegetable area only
- Groups of 2 only
- Must have money to spend
- Accompanied by parent
- No hanging out in mall area
- Anyone caught stealing will be handed over to police.

New to Our School?

Stay in touch with the QSchools app

Families can keep up-to-date with the latest information from our school through the QSchools app. It’s an easy way to find vital school information including events and newsletters.

The QSchools app now allows for push notifications to deliver essential information directly to a device including emergency alerts and important updates.

Find out more on the DETE apps page.

Smoking banned 5 metres around school grounds

Smoking any tobacco products or using an electronic cigarette within five metres of any state or private school grounds has been banned. This applies before, during and after school hours as well as over weekends and school holidays.

On the spot fines can be issued by environmental health officers, police or other officers authorised by the local government to anyone found in breach of this legislation. The ban does not extend to businesses or residences that share a property boundary with a school.

Smokers are asked to put out your cigarette and dispose of the litter thoughtfully well before you reach the school boundary.


University of Qld Library Access

UQL Cyberschool is a free program for secondary schools, run by The University of Queensland Library. We aim to enhance student learning and discovery by facilitating access to scholarly information, developing information literacy and lifelong learning skills, and easing the transition from school to university.

For Students:
• FREE borrowing of books - Year 11 and 12 students who live in Brisbane can join the UQ Library and borrow books
• Links to free online resources are available from our website for most senior secondary subjects
http://guides.library.uq.edu.au/cyberschool-students

For Teachers/Teacher Librarians:
• Book a tour or class at St Lucia campus for Year 11/12 students
• Information service for eBook and Database subscriptions and trials
• Links to free online resources:
http://guides.library.uq.edu.au/cyberschool-teachers
• Annual Profess Development day (UQL Cyberschool Seminar)
Visit our website at www.library.uq.edu.au/schools or contact Cyberschool staff at cyberschool@library.uq.edu.au

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

Music By The Sea

Music By The Sea intends to launch its 2015 concert series on a high note on Saturday 7 January when The Company Bluegrass Band, a hit on the folk and country festival circuit, performs its brand of high energy original and traditional acoustic music on the local Town Hall stage.

The outfit claims two bluegrass champions with seventh generation fiddler and banjo player.
George Jackson bringing home the much coveted first prize from the 2013 Rockygrass Banjo contest in Colorado USA, and Jamie Clark, who was described as “a cracking guitarist” by Rolling Stone Magazine, the 2011 CMAA Bluegrass Flatpicking Champion. Jamie Clark describes the genre saying “The music is built on innovation and is a melting pot of styles yet has strong ties to a deeper much older tradition that people immediately recognise. "It has a deep spiritual basis, relating to Gospel music of all hues. There is something for everyone” he said.

The Company's individual stamp comes from its unique mix of humour, engaging camaraderie and improvisation that emerges as crowd pleasing crisp, melodic and soulful sound.

Playing a 170 year old fiddle and a mandolin, National Folk Festival Declan Affley award winner and former Canberra Symphony and Queensland Pops Orchestra member Mick Patrick said “While there is a strong link to Celtic traditional music, bluegrass is also like jazz in that there is an expectation to improvise. Playing with these guys you feed off each other’s energy and creativity. You really have to be attuned to one another.”

One of the country's most highly sought after session bassist Norwegian born Markus Karlsen described the collaboration by adding “Our music derives from the American tradition of bluegrass but our sound and storytelling is from Queensland.”

Tickets: Adult: $25 - Concession $20 - Child (5-12) FREE

Program information and bookings are available at www.musicbythesea.com.au.

Greater Brisbane Junior Tennis (GBJT) Grading Day
Greater Brisbane Junior Tennis (GBJT) conducts weekly Tennis Fixtures at the Queensland Tennis Centre, Tennyson and The University of Queensland for children up to 18 years of age. Grading day for new players is to be held on Sunday 8 February at the Queensland Tennis Centre, Tennyson from 3pm to 5pm. Further information is available at www.gbjt.org.au or by phoning Mrs Peta Davis on 3374 0516.

Sandgate Hawks Netball Sign on Day
7 Years to Seniors...

Looking for Players, Coaches & Umpires for an exciting 2015 season of Netball

SIGN-ON DAY

Saturday 31/01/15 & 7/02/15
Where: Sandgate PCYC
Kempster Street, Deagon
Time: 9am to 1pm
www.sandgatehawks.org.au

FOR ALL ENQUIRIES PHONE:
JOEANNE 0419 310 338
sandgatehawksnetball@gmail.com

FOR ALL NEW PLAYERS WE REQUIRE
CERTIFIED COPY OF BIRTH CERTIFICATE

Brighton Bulldogs Soccer Open Day
Brighton District Soccer Club

Open Day
Sat 31st Jan from 9am
Wakefield Park, Brighton

Join our team!

- Squirts & Try Soccer Programs
- Under 6 to Senior Men & Women
- Over 30’s Women & 35’s Men

www.brightonbulldogs.com.au
info@brightonbulldogs.com.au
Bracken Ridge Scouts Sign on Day
Bracken Ridge Scouts
Sign On Day

Bracken Ridge Scout Group will be holding a sign on day for all those interested in learning about the amazing opportunities that Scouting has to offer:

When: Saturday 7th February, 2015
Time: 8am – 2pm
Where: Bracken Ridge Scout Den
Tomah Rd, Bracken Ridge
(at the end on the right)
Ages: 6-7 Joey Scouts
7-10 Cub Scouts
10-15 Scouts
14-17 Venturers
Leaders also wanted

A number of Leaders will be ready and willing to answer any questions you may have.

If you are unavailable on the day, but would still like information, please contact our Group Leader Keith Gridley on 3681-0134 or k_gridley@yahoo.com.au

Australian Goju Kai Karate
Karate & Self Defence

OVER 35 YEARS EXPERIENCE
JAPANESE GRADED
AUSTRALIAN GOJU KAI KARATE
ALL AGES WELCOME

FIRST LESSON FREE
at a location near you

- Family Discounts
- Respect
- Confidence
- Fun & Fitness
- Increase Self Discipline

0409 474 494
BERNIE HAUGHEY SENSEI
www.agkk.com.au
Brighton Roosters Junior Rugby League Sign on

BRIGHTON ROOSTERS
JUNIOR RUGBY LEAGUE CLUB
CNR TENTH & STANLEY STREETS
BRIGHTON  3269 1234

SIGN-ON DAY
SUNDAY 8TH FEBRUARY 2015
10AM – 2PM
$60 SIGN-ON  $150 AFTER

TROPHIES & PHOTOS GIVEN TO
PLAYERS AT END OF YEAR

NEW PLAYERS TO CLUB REQUIRE
ORIGINAL BIRTH CERTIFICATE OR
CURRENT PASSPORT

Saints Junior Rugby League & Netball Sign On

Celebrating 50 Years
SAINTS
Junior Rugby League & Netball
Sign On Day 2015

Sunday 1st February & Sunday 8th February 2015
9.00 am - 12.00 pm
Norths St Josephs Clubhouse,
14a Wellington Street, Virginia

Rugby League
Mini League Under 6 (5yr olds and up) $100.00
Under 7, 8, 9, 10 $200.00
Under 11, 12, 13, 14, 15, 16, 18. $250.00

Netball
Net Set Go From 5—9 years $100.00
Ages 10 to Opens $250.00

For any questions please email us at admin@stjoeys.com.au

Free training shirt if fees paid in full by 8th February

Price includes:
Affiliation fees, insurance, Team photo, participation trophy and more...
New Players to bring a copy of Birth Certificate
Eftpos available

Rewired IT
41 Braun Street, Deagon, SANDGATE, QLD 4017
PO Box 195, SANDGATE, QLD 4017
07 3869 9888
07 3869 9800
07 3869 9802