Time Management the Key to Success

A message from the Principal...

All students have received a hard copy of their assessment calendar and Student Organiser. It is important that all students learn to use the tools effectively. The due dates for assessment should be transferred into the Individual Assessment and Activity Record on page 14 and 15 of the Student Organiser. Page 2 gives some advice on how to use the organiser well. It would be helpful if parents of Year 7 and 8 students would assist them to get this done. An added benefit will be that parents become aware of assessment requirements and can coach their children to know what is coming up, to plan their time well and to not leave things to the last minute. If your child has misplaced a copy of their assessment calendar, a copy can be downloaded from the school web site www.sanddistshs.eq.edu.au. Click on curriculum and then testing and assessment. The assessment calendar is always uploaded to the school web site by the second week of each semester.

SDSHS Online Communities

Subscribe to our ENewsletter

Community Notices
It is important that all parents, especially Year 7 parents, encourage their students to be well organised and prepared for school. With 1070 students and one student services administrator officer, it is not possible to deliver messages or run errands because a student is not organised. It is important that you:

- Discuss with your child what will be happening the next day and plan in advance things like pick-up location after school.
- Check that your child has his/her books, laptop (if 1-1), student organiser, writing journal (a black exercise book), pens, pencils, books, hat and sports gear on the days sport/PED are scheduled. It is wise to pack bags the night before to avoid stress in the morning rush.
- Make sure your child arrives at school on time to be at class at 8:45am. Write a note if for some reason the student is late to school. On arrival at school, the student should come to the office to sign in, before going to class. Phone the school on 3869 9888 if your child is going to be absent. If the school has not received any notification from you, the school sends you a text message. On receipt of the text, you should text back with the reason the child is not at school. Students need to be at school every day unless sick. This means that family holidays and appointments etc should occur outside normal school hours wherever possible.
- Make sure your child has their lunch or money to purchase their lunch.
- Mark your children’s possessions with their names so items can be easily identified in lost property.

If all of the things above are attended to, then your child’s instruction time is maximised, helping them to achieve the school value of “Be Your Best”.

Thank you to all parents who have met the deadline for paying for laptops and School Resource Fee or who have entered into a payment plan. It is important that the $200 laptop fee is paid immediately as laptops have now been distributed and teachers will be using them in the classroom.

**Safe Pick Up and Drop Off**

There is a purpose built pick-up and drop-off zone on Braun St. It is important that parents use this zone as much as possible. Parents need to be very careful picking up and dropping off students using Depot Road entrances. Cars need to be driven slowly, students dropped off in a safe place and drivers need to be very aware and considerate of those around them. This is also the case in the Deagon shopping centre car park.

**Year 7 and 8 Welcome to High School BBQ**

Thank you to all parents, carers and students who attended our welcome to high school BBQ. It was lovely to meet you. Thanks also to our Certificate of Volunteering students who did a fantastic job catering for the night.

Jeanette Gentle | PRINCIPAL
What's On

16 February - 6 March 2015

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<tr>
<th>SEMESTER 1</th>
<th>2015</th>
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<td>Central District Swimming Carnival</td>
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<td>Wed 18 Feb</td>
<td>**P&amp;C Meeting</td>
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<td>Nudgee Beach EEC</td>
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<td>Tues 24 Feb</td>
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<td>Tues 24 Feb</td>
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<td>Mon 2 Mar</td>
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<td>Tues 3 Mar</td>
<td>Junior sport</td>
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<td>Wed 4 Mar</td>
<td>Year 10 Welcome to QCE / SET P / Careers</td>
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<tr>
<td>Wed 4 Mar</td>
<td>Senior Sport</td>
<td>Round 3</td>
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[CLICK HERE](#) TO VIEW OUR CAFE IBIS MENU
School Wide Positive Behaviour Support

What is School Wide Positive Behaviour Support??

The goal of school wide positive behaviour support at Sandgate DSHS is to create and maintain a positive and safe learning environment that enhances our school vision to Expand Horizons, where we maximise academic and social growth.

What does SWPBS look like at Sandgate High?

1. Clear set of behaviour expectations around our key school values (these can be defined in our expectations matrix)

![Bee with expectations](image)

2. Students and visitors can identify the behavioural expectations within 5 minutes of entering the school.

3. All students and staff are able to state the key values

4. Students are recognised for positive behaviours

5. Expectations and positive behaviours are explicitly taught and encouraged

6. Data on behaviour is collected and used to guide decisions

7. It is a whole school based approach – “it takes a village to raise a child”.

At Sandgate DSHS we encourage parents to discuss the values with your child. Ask them to show you the expectations matrix in their Student Organiser on Pg. 4 and 5. The Expectations Matrix can also be found on the school website.

Questions to raise discussion could be “What expectations are harder for me to meet than others?” and “What areas do I need to work on to meet the expectations at Sandgate DSHS?”

Shane Kiss | Acting Deputy Principal Junior Secondary

Senior School News
Senior Induction Ceremony

Last week saw our Year 12 students reach a significant milestone in their journey through Sandgate District State High School with students participating in our Senior Induction Ceremony. In the presence of Wayne Swan (Federal Member for Lilley) and Stirling Hinchcliffe (State Member for Sandgate), students pledged to uphold the values of the school continuing a tradition that extends over 50 years. At the ceremony all students received their senior badges and our elected office holders officially commenced their duties in their positions. The audience was privileged to hear an inspirational speech from Mr Gal Strasberg, a 2009 graduate and OP 1 student, about his journey from high school to a science degree to being six months away from completing his medical degree. His key message about setting goals and working extremely hard to ensure that you get there, regardless of your background, was very pertinent for a group of students about to undergo the travails of Year 12.

Interviews, Assessment Calendars and Senior Schooling Pathways Planner

Last Wednesday saw students involved in our first Senior School Assembly. The expectations for students in the senior school were outlined before students were provided with their assessment calendars. Students also began to set some targets on their Senior Schooling Pathways Planner and reflect on their 2014 results. All Year 12 students have also undertaken interviews to discuss whether they are on-track to graduate with a QCE at the end of Year 12 as well as looking at whether their subject results are likely to gain them an O.P. score that will get them into the degree course of their choice. On Friday, noted motivational speaker Dr Phil Jauncey also spoke to our Year 12 students about goal setting, coping with stress and getting the most out of the senior years of schooling.

Diploma of Business Course

In the Senior School we are always examining pathways to expand horizons for students. We currently have a number of students in Years 11 and 12 who are enrolling to complete a Diploma of Business course through Careers Australia. This will be undertaken on top of their current studies and will provide students with a full tertiary qualification before they complete Year 12. This will provide students with a rank score for entry to university as well as credit towards their future degrees.

Jim O'Neil | Deputy Principal

Year 12 QCS All Day Workshop - Wednesday 25 February

A QCS Workshop for Year 12 students will be held on Wednesday 25 February 2015 in the Library. All students intending to sit the QCS test must attend. Non-QCS students do not attend school that day unless they have outstanding work for any subject, this includes Work Place Practices.

The workshop will run for the whole day and will be presented by Mr Matthew Rigby. Mr Rigby has had vast experience in preparing students for the QCS Test and we are fortunate that he is able to work with our students.
Normal school day break times will apply and students are not permitted to leave the school grounds during break times.

Judi Robinson | HOD Senior Schooling & Business

Leadership Camp

On February 2 – 4 Simonne Bignell and I had the distinct pleasure of travelling with 15 of Sandgate DSHS finest students to the leadership camp, hosted by Emu Gully Adventure Camp at Helidon near Toowoomba. Our leaders hopped off the bus to be greeted by Laurie who would be our guide/instructor for the next couple of days.

Emu Gully is all about stretching the capacity of students by problem solving, teamwork and physical challenges. And didn’t Sandgate DSHS leave a lasting impression! Our student leaders performed well above the expectations of high school students, with Laurie the instructor frequently amazed at the teamwork and ability of our students.

All of our leaders this year responded to the challenges in true Sandgate style, banding together and working as a unit when required, modelling the best in manners and etiquette and generally being exceptionally pleasant company.

In the end we have left a legacy out at Emu Gully of high performance, capability and behaviour befitting a true leadership group. I have since seen these attributes on display back at school and feel confident that this year, Sandgate DSHS is being ‘led’ by a remarkably talented, enthusiastic group of students who, in my opinion, will be remembered for years to come for their actions and deeds.

Click on the image below to view photos from the Leadership Camp

Stephen Smith | Year 12 Coordinator
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 P&C I would like to thank the families who came to the Welcome BBQ for Year 7 and 8s. We had some lovely conversations with mums, dads and the new young men and women of Sandgate High, and we trust you are settling in nicely to the school year. It was also a great occasion to launch our new Logo, Tuckshop Menu, and Fridge Contact lists - thank you to Lynn our secretary for being in the photo!
Just a reminder that the first P&C Meeting for 2015 is being held this Wednesday 18 February (tomorrow) at 6.30 - 8.30pm in the School Resource Center (the library). As it is our first meeting for the year we invite you to bring a plate and enjoy a social occasion. We will also be reviewing the Strategic and Operational plans - which are important documents moving forward into the next few years. I look forward to seeing you there.

Tuckshop

The Tuckshop menu for 2015 if officially launched and the ladies in the tuckshop are working tirelessly to ensure that our kids have great healthy food, prepared fresh everyday. Volunteers are always welcome and we invite you to become part of a small team who make a great contribution to the school environment. To register your interest, please contact Sheree our tuckshop convenor on sdshstuckshop@hotmail.com.

As a growing school we recognise the need to have a menu which reflects four main criterias - healthy choice, affordability, variety and demand. As such, the menu contains the stable regular items which are always available, but please be aware that there are daily and weekly specials; which include some old favourites and new items. These will be advertised initially in the tuckshop precinct, and as we move further into the year - also in newsletters and social media. If you have any queries or suggestions - please contact the P&C on pandcexecutive@sanddistshs.eq.edu.au.

Immunisation Program Comes to School
This year, Brisbane City Council will be providing free vaccinations for all year 8 and year 10 students as part of the Queensland Health School Immunisation Program.

Year 8 and year 10 students are eligible to receive the following vaccines:

**Human Papilloma Virus (HPV)** – a 3 dose vaccine given to Year 8 students only

**Chickenpox** – a 1 dose vaccine given to Year 8 students only

**Boostrix** – a 1 dose vaccine given to both Year 8 and Year 10 students

Your child will receive consent forms to take home. If you wish for your child to take part in the School Immunisation Program, please ensure that you fill in the forms correctly and return to the school. Failure to return the forms to school on time may result in your child missing out on important vaccinations.


**Please note:** All vaccinations carried out through the School Immunisation Program are performed by fully qualified registered nurses.

All students are encouraged to have breakfast (or small meal) on the morning of vaccinations.

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**2015 Ski Trip**

Sandgate District State High School will be heading to the Snow again in 2015. If you would like to make the most of this great opportunity and send your student to the Perisher snow fields in August please contact Jonathan Hatch on ph 3869 9817/email jhatc21@eq.edu.au or contact the office for more details.

Staying on the snow at Smiggins Holes and only 100m from the ski lifts and with a night ski included, it’s an opportunity of a life-time.
Interhouse Swimming Carnival 2015

Hinkler were victorious! After a 10 year drought the mighty Hinkler Hornets won the Interhouse Swimming carnival for 2015. With over 5000 points awarded to championship race swimmers, Hinkler finished with 1606pts, Collins 1481pts, Monash 1145pts and Story 872 pts. It was an exciting and fun day as Sandgate High returned to Sandgate Swimming and Aquatic Centre. This year brings a new House Spirit Award that goes to the house that displays the most spirit during swimming training, reciting their war cry and of course maximum participation in the pool. We saw the introduction of novelty events such as water balloon volleyball, tug of war and treasure hunt which all students enjoyed. With a fantastic effort and generating the best atmosphere, the Monash Minotaurs won the house Spirit award. This award may change hands throughout the year.

Congratulations to our age champions for 2015:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Champion Girls</th>
<th>Champion Boys</th>
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<tbody>
<tr>
<td>12 Years</td>
<td>Ruby Mellor</td>
<td>Tyler Brierly</td>
</tr>
<tr>
<td>13 Years</td>
<td>Jemma Kersnovke</td>
<td>Joshua McDonald</td>
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<tr>
<td>14 Years</td>
<td>Kate Estreich</td>
<td>Tim Estreich</td>
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<tr>
<td>15 Years</td>
<td>Kate Davies</td>
<td>Lucas Abbey &amp; Harry Estreich</td>
</tr>
<tr>
<td>16 Years</td>
<td>Caitlyn McKavanagh</td>
<td>Joshua Davies</td>
</tr>
<tr>
<td>17 Years</td>
<td>Jessica Corliss &amp; Abi Pycroft</td>
<td>Chris Abbey</td>
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</tbody>
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Click on image below to view photos from the swimming carnival.
School Based Youth Health Nurse News

The Importance of Belonging for Teenagers

Teens need to feel a sense of belonging to feel good about who they are. Those who do not have at least a few close friends often suffer from isolation, insecurity and a poor self-image. Teens gain much of their identity from the people they spend time with, because these people often reflect similar interests and beliefs. Whether peer groups are found in academic or religious circles or within the teen’s community, positive groups will help build healthy emotional and psychological development through a strong sense of belonging.

Positive Belonging

Teens who find a secure place in a particular group with those who share common interests are more apt to feel a sense of positive belonging, which can influence choices and relationships along the way. According to Education.com, positive self-respect and self-confidence gained from being a part of a group with good values can empower a teen throughout her life. Teens who spend time together and are interested in significant areas of life can inspire others within the group to accomplish important life goals.

Family Connections
Although it's not always apparent in the typical teen, she needs to feel a deep sense of belonging in her family. A
teen’s sense of family is her foundation for belonging, and even though she may spend more time with her
friends than at home during the teen years, knowing there is always a place of ultimate acceptance and love
gives her confidence. According to Fabulous to Be Female, preteens or teens who do not feel connected at
home may look for satisfaction in other places like drugs, alcohol, gang activity and sexual activity. Encourage
family belonging in your teen by eating meals together several times each week and planning a family night
where everyone is expected to join in. Go out to a restaurant together, have a family movie night or play a board
game. Choose activities that encourage communication so your teen will understand her opinions are valued and
respected.

Adolescence

Young people's self-esteem can be affected by their physical and hormone changes, and most importantly by
how they look or how they think they look.

Young people who have a goal in life often have high self-esteem, as do those whose families support them.

Belonging to a group of friends is also very important to a young person's self-esteem. This is why they seem so attached to the telephone and want to do whatever their friends are doing.

Mandy Trempus  |  Youth Health Nurse

Human Movements News

WEL Program

Over the last 3 weeks, students in years 7-9 have been investigating their current sense of Self-Worth. Students
will be revisiting these ideas and the importance of positive self-talk across their term 1 units in HPE. As a
background reference for parents and students, here is some information on self-worth you may find useful.

Why is having a Sense of Self-worth so important?

Your Sense of Self-worth is how you regard yourself. It is your understanding of your qualities, your strengths
and your personal attributes. Your Sense of Self-worth is a measure of how you value yourself.

- It recognises that you are valuable because you are you; you are unique, and there is no one else like
  you in the world.
- It encourages you to try new things, to meet new people, and to really enjoy life.
- It helps you get through tough situations, and to pick yourself up and try again if things don’t work out as
  you’d hoped.
What it is…..and what it isn’t

• A healthy Sense of Self-worth is NOT the same as having an inflated ego!
• It is not about thinking you are great just because you might be good at something, or have an appealing physical attribute.
• You can have healthy Self-worth without having stand-out skills.
• You need to be able to find qualities within yourself that you think are important.
• Things people might value:
  - that you take responsibility for yourself and your actions.
  - your ability to be polite to strangers.
  - that you always try your best.
  - your ability to go to training even on days you mightn’t feel like it.
  - the fact that you are unique and there is no one else like you.

Lots of things affect self-worth

• The environments in which you live, study, and socialise.
• How you believe you perform in different activities and settings.
• What other people say to you.
• Perhaps most importantly: what you say to yourself.

Of all the things that affect our Sense of Self-worth, self-talk is the one we have most control over. That means it is very important to get into the habit of replacing unhelpful thoughts like ‘I am an idiot’ or ‘Nobody likes me’ with helpful ones like ‘I have some good qualities’ and ‘There are people who care about me’.  

Mrs. Krista Cameron | HPE Teacher

Music Notes

Classroom music lessons have commenced, full of enthusiasm and of course music making!

Instrumental lessons will have commenced by week 3. Please contact Debbie O’Shea doshe5@eq.edu.au if you want your child to join our fabulous, growing instrumental program. We may be able to find a spot for them!

We offer tuition in strings, brass, woodwind and percussion instruments in our Concert Band program.

The brand new Sandgate High Choir will begin on Wednesday afternoon, February 11, 3.15–4.15pm. ALL welcome. We are looking forward to developing an exciting choral program here at Sandgate High!

Every Wednesday lunch time we now have a new fun lunch program called JAM (Just About Music) for our junior secondary students. Any student in years 7,8 or 9 is welcome to pop in and make music with us. We will be singing, playing and composing our way through the lunch break. Here is a picture from our first session.

Debbie O’Shea | Music Teacher
Library Art Competition

Entries have been coming in for the Library’s Bookmark Artwork challenge.

Please get your artwork in to us by **Tuesday 3 March** for a chance to have it featured on our Official 2015 bookmark.

Open to all students. Just submit A4-A3 size work that can be reproduced in whole or part.

**Bruce Hoad** | Teacher Librarian

Year 10 Rec Studies Camp

The Year 10 Recreational Studies Course embarked on their first camp of 2015 in just week 3 of Term One. Some 42 students from Mr Bates’ and Mr Senior’s classes spent one night each in The D’Aguilar National Park, camping at the Neurum Creek camp site.

The objective of the camp was to introduce the year 10s, which are newly enrolled to recreational studies to basic camp craft. The students were given some basic instruction into tent construction and Trangia camp stove use prior to them attending camp. The camp started with a challenging 6km hike through the D’Aguilar National Park to the camp site.
When we got the camp site the students quickly orientated themselves to the camp site and organised themselves into putting up their tents and putting away their baggage. The afternoon started with 2.2km hike to go for a swim at Rocky Hole in the National Park. This seemed to be the highlight of the camp, with most students having lots of fun swimming and jumping into Rocky Hole. A brisk 2.2km hike back to the camp site and well-earned afternoon tea.

A quick Master Chef lesson in cooking dinner on the Trangia Cooking System led the students to cook themselves a feast of Spaghetti Bolognese for dinner, which was once again well earned. The night time led activities saw the students experience a night walk with no torches, star-gazing, satellite spotting and a period of solitary reflection sitting alone on a path in the dark in silence that challenged most students on lots of levels.

The weather tested us all with warm days and wet nights, which highlighted if the students had erected their tent properly and dodge getting wet. The morning saw an early rise at 6am with breakfast, cleaning up and packing in preparation for 6km hike out, overall the students hiked over 17kms on camp. The camp was huge success that saw the Year 10s engage in numerous activities that had once been reserved for Year 11 and 12 students.

Finally, this is the start of a new subject for the Year 10s and they have succeeded in setting a high bench mark on their first of many camps.
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.


School Uniform News

Uniforms for private Sale

1 x Formal dress – size 10
2 x Sports shorts – size S (never worn)
1 x School hat – Large (Never worn)
1 x School tie

$80 the lot or individually negotiable.

Also available:
1 x pair of lynx black sports shoes (never worn & still in box) – Size 6 $35
1 x pair of Roc School shoes, black leather, worn once – in good/new condition – size 7B $40

*All prices negotiable. Please contact Bonnie on 0413 633 357 or email kryspigal@outlook.com

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

Internationally renowned guitarist Karin Schaupp teams up with the brilliant and energetic Orava String Quartet for one exclusive Brisbane performance of music by Debussy, Boccherini, Turina and other famous composers on Saturday 7th March at Sandgate Town Hall.

No strangers to the world stage, these acclaimed musicians team up for the first time at Music By The Sea in a stunning collaborative performance, combining the beauty of the string quartet with the fiery yet intimate voice of the guitar.

German born Ms Schaupp migrated to Brisbane when she was 8 years old and currently lives in the northern suburbs with her husband, a Psychologist, and two young children.

She is a University of Queensland graduate with first class honors, holds a Masters Degree, and received a gold medal for academic excellence.

German newspaper Badische Zeitung describes her playing as 'so perfect, so complete, that it seems like a miracle'.

Also currently based in Brisbane, Orava String Quartet members are artists in Residence with the Camerata of St John's Queensland Chamber Orchestra.

Praised by The Sydney Morning Herald for their 'warmth of sound, sublime inner-voicing and spontaneity', brothers Daniel and Karol Kowalik, David Dalseno and Thomas Chawer are emerging as Australia's most exciting chamber music performers.

Orava recently won the Musica Viva Australia Award for most outstanding Australian ensemble, and the Peter Druce prize at the Asia Pacific Chamber Music Competition in Melbourne.

All five performers are seasoned Music By The Sea artists, returning with this new endeavor for an evening of superb quality entertainment in a gracious 103 year old heritage listed building, where the program commences at 7.30pm.

For program information and bookings: www.musicbythesea.com.au
Northside Christian Football Club

NORTHSIDE CHRISTIAN FOOTBALL CLUB

2015 Season

Limited Positions Still Available

EVERYONE WELCOME

All Age Groups - from 3 Years old to Adults

Male & Female

Tiny Tots, Juniors, Youth & Seniors

REGISTER ONLINE

www.northsidefootball.org.au

0417 191 141

Be Uplifted Breast Cancer Charity
Closet Cleanout
market morning

When: Saturday 28th February 2015
Time: Doors open at 9.00am - 11.30am
Where: SANDBAGS, 153 Rainbow Street, Sandgate, 4017 (near Sandgate Train station)
Cost: $2 entry into the market

100% goes to Be Uplifted Breast Cancer Charity

Morning Tea and drinks will be on sale! Please bring along friends and family to grab a bargain! If you would like to have a stall please contact Danni on dannifox@gmail.com ASAP as spots are limited. Stalls are $30 which includes your table and entry into the market. 100% of the stall money goes to supporting Breast Cancer patients in North Brisbane. Your old clothes could be someone's new while supporting a great cause.
Breast Cancer Charity

TRIVIA NIGHT

SATURDAY MARCH 21, 2015. 7.00PM KICK OFF

✓ $15 Entry coffee and tea included
✓ Award for best dressed table/theme
✓ Beer, Cider, Wine and soft drink for sale
✓ Assorted Food
✓ Lucky door prize
✓ Raffle
✓ Games and more games

Quiz Master: Ross Webber and Family
Burnie Brae Centre 60 Kuran Street, Chermside QLD 4032.
Contact: Jenna Rugers 0400 229 326
events@beuplifted.org.au

Confident Kids and Teens
Resilience Skills for a Happy Life!

Book now for Term 1 groups!
Confident Kids + teens is an innovative coaching program for kids 5-14yrs that aims to boost confidence, emotional resilience, social skills and brain power.

Students discover their strengths and develop resilient thinking skills to reduce stress, anxiety, worry or negative thinking. Essential tools to navigate the teen years!

Our team of experienced Psychologists will coach, encourage and support your child to be all they can be!

Medicare and Private Health fund rebates apply.

Register and Book online today at confidentkidsandteens.com.au or contact us at info@positivefamilies.com.au for more details.

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Triple P - Positive Parenting Program

Are you a parent of a child with type 1 diabetes?

Every day, thousands of Australian children suffer the effects of type 1 diabetes and families struggle with illness management and children’s behavioural and emotional adjustment.

Positive Parenting for Healthy Living is an adaptation of the successful Triple P- Positive Parenting Program offering practical ideas and support for parents of children with type 1 diabetes. This innovative group program is designed to help parents manage their child’s illness, assist children in coping with their illness and emotions, and prevent and manage difficult child behaviour.
Over the next few months and for a limited time only, parents of 2-10 year old children with type 1 diabetes are able to access Positive Parenting for Healthy Living Triple P as part of a University of Queensland research project. Parents will be able to attend the program free of charge, and will be asked to complete 2 sets of assessment measures (questionnaire and family observation) over a 6 month period, as part of the study.
Contact Aditi Lohan on (07) 3346 7689 or email diabetes.healthyliving@uq.edu.au, or visit https://exp.psy.uq.edu.au/t1diabetes for more information.

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