Harmony Day

A message from the Principal...

Harmony Day is a very important event in the Sandgate DSHS calendar. This is the day where we celebrate the richness of Australia's culture, reflecting the diversity of our inhabitants. Students participated in a variety of activities. The day started with a performance by the Sandgate DSHS Stage Band. We were reminded by the Cultural Captains that music and dance draws people together and helps overcome barriers in a positive way.

Students participated in a multimedia presentation which communicated a number of important messages:

- It doesn’t matter what life throws at you. If you are positive and try your best, you can often achieve more than you ever thought possible.
- One dumb decision (e.g. getting into a car with a drunk driver) can change you and your family’s life for ever.
- Reduce the time you spend on mobile phones: experience and live in the moment, rather than photographing it; experience the joy of real face-to-face communication, rather than Skyping.
developing real friendships, rather than a large number of Facebook friends; and develop your character, rather than measuring your worth by the number of “likes” on your social media accounts.

• Young women, let your hair down, don’t feel you have to wear makeup, be yourself and be happy with who you are.

At the first break the Piazza was filled with gastronomic delights from a range of cultures, while the tuckshop did a roaring trade in a variety of food. Students enjoyed the music of “The Button Factory” and other performers, as well as a number of fun games. It was impressive to watch over 1000 students in the Piazza waiting patiently in lines for their turn, trying out new foods, sharing with others, being polite and enjoying each other’s company.

The student concerts put the spotlight on the performing arts talent in the school. A particular highlight was Chappie’s rendition of the Lion King. Harmony Day can best be summed up in the words of a student in an email she sent to me, “Thank you, I had an amazing day and it was by far the best Harmony Day I have ever attended”.

**Parent/teacher Report Nights**

Remember, Senior School parent teacher reporting night is on Thursday 23 April, while Junior School parent teacher reporting night is on Tuesday 28 April. To book interview times go to PTO (Parent teacher online). To access PTO, go to [www.sanddistshs.eq.edu.au](http://www.sanddistshs.eq.edu.au) scroll down to bottom of front page, go to quicklinks and click on PTO.

Have a happy Easter break. School begins again on Monday 20 April 2015.

Jeanette Gentle | PRINCIPAL

**P&C MEETINGS | THIRD WEDNESDAY OF EACH MONTH**

6.30PM | SCHOOL RESOURCE CENTRE (LIBRARY) | ALL WELCOME

NEXT MEETING: 15 APRIL 2015

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What's On

30 March - 1 May 2015

<table>
<thead>
<tr>
<th>SEMESTER 1</th>
<th>2015</th>
<th>TERM 1</th>
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</thead>
<tbody>
<tr>
<td>Week 10</td>
<td></td>
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<tr>
<th>Date</th>
<th>Events</th>
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<tbody>
<tr>
<td>Mon 30 Mar-1 Apr</td>
<td>Year 10</td>
</tr>
<tr>
<td>Tues 31 Mar</td>
<td>Junior Sport</td>
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<tr>
<td>Tues 31 Mar</td>
<td>Year 8</td>
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<td>Wed 1 Apr</td>
<td>Year 11 Hospitality</td>
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<td>Wed 1 Apr</td>
<td>Year 12</td>
</tr>
<tr>
<td>Wed 1 Apr</td>
<td>Senior Sport</td>
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<tr>
<td>Thu 2 Apr</td>
<td>Year 11 Cert III Early Ed</td>
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<td>Thu 2 Apr</td>
<td>LAST DAY OF TERM 1</td>
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<tr>
<td>Fri 3 Apr</td>
<td>GOOD FRIDAY</td>
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<td><strong>EASTER HOLIDAYS - MONDAY 6 APRIL - FRIDAY 17 APRIL</strong></td>
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<td><strong>SCHOOL RESUMES MONDAY 20 APRIL 2015</strong></td>
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### SEMESTER 1

#### Week 1

<table>
<thead>
<tr>
<th>Date</th>
<th>Events</th>
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<tbody>
<tr>
<td>Tues 21 Apr</td>
<td>Junior Sport</td>
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<tr>
<td>Thur 23 Apr</td>
<td>Yr 12 Business/BCT/Tourism</td>
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<tr>
<td>Thur 23 Apr</td>
<td>Parent Teacher Interviews</td>
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<tr>
<td>Fri 24 Apr</td>
<td>Anzac Parade</td>
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<td>Fri 24 Apr</td>
<td>School Fundraiser Dance</td>
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#### Week 2

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<td>Mon 27 Apr</td>
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<tr>
<td>Tues 28 Apr</td>
<td>Junior Sport</td>
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<tr>
<td>Tues 28 Apr</td>
<td>Year 11 Physics</td>
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<tr>
<td>Tues 28 Apr</td>
<td>Year 7&amp;8 Geography</td>
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<tr>
<td>Tues 28 Apr</td>
<td>Parent Teacher Interviews</td>
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<tr>
<td>Thur 30 Apr</td>
<td>Cross Country</td>
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**CLICK HERE TO VIEW OUR CAFE IBIS MENU**

**CLICK HERE TO VIEW OUR UNIFORM PRICE LIST**

'School Watch' - Look, Listen, Report
School holidays are almost upon us

The School Watch Program is a partnership between Education Queensland, the Queensland Police Service and the State Government Protective Security Service. It aims to reduce criminal activity in Queensland schools and encourages everyone to look out for after-hours crime in our schools. If you see anything suspicious, please don’t attempt to intervene. Call the School Watch number – 13 17 88.

Let’s work together to help create safer school communities.

Naomi Dargusch | Teacher Aide

2015 ANZAC Ceremony

Sandgate District State High School
Centenary of ANZAC Ceremony
Friday 24 April
10.15am
School Sports Hall
All Welcome!

Krista Cameron | Acting HOD Social Sciences

P&C News

Meet your 2015 P&C Committee
The AGM was held on Wednesday 18 March, and although attendance was not high, there was some very informative annual reports by members of our executive, and a great atmosphere all round. I am pleased to announce that last year’s P&C Executive were re-elected, and were largely unchanged except for the addition of Gordon who will be joining us as Vice-President. Welcome Gordon! We also thank the lovely outgoing Vice-President Deborah Johnston for her valuable input.

**President:** Justyne Wilson  
**Vice Presidents:** Leesa- Maree Jedras and Gordon Fifer  
**Treasurer:** Melanie White  
**Secretary:** Lyn Cherry  
**Café Ibis Manager:** Sheree Tregoning  
**Administrative Officer:** Desley Macaulay

We are still looking for people to fill the following positions.

- Music Supporters Group Secretary  
- Grants Officer  
- Newsletter/Advertising Officer  
- Tuckshop Liaison Officer  
- Fundraising Co-ordinator (mainly for Einbunpin Festival)

If you would like to contribute or are interested in any of these roles, please contact the P&C on:  

pandcexecutive@sanddistshs@eq.edu.au

On behalf of the P&C, I would like to wish you a safe and happy Easter and look forward to seeing you again in Term 2.

**Tuckshop**

The school tuckshop is run by the P&C. Our tuckshop convenor is Mrs Sheree Tregoning and is capably assisted by Deb, Michelle, Jo and Di. The tuckshop is open five (5) days a week, serving breakfast from 8.15am, morning tea and lunch. Our tuckshop supports the healthy food choices initiative which was brought in seven years ago by Education Qld.

Currently, the tuckshop is the main fundraiser for the P&C. The P&C prides itself on being able to provide this service. We would like to see families within our school community supporting our tuckshop as often as possible. One of the ways you can support our tuckshop is by volunteering your time to help with meal preparation. Any amount of time is appreciated. Volunteering is a great way to be involved in your child’s schooling and familiarize yourself with staff, students and school procedures. If interested, please call the tuckshop on 3869 9840.
School Immunisation Program 2015

This year, Brisbane City Council will be offering free Human Papilloma Virus (HPV) and Chickenpox vaccinations to all students in year 8. Diphtheria Tetanus and Pertussis (Whooping Cough) vaccinations will be offered to all students in both Year 8 and Year 10.

If your child has missed a school vaccination from this year or last year you can have these vaccinations caught up at one of Council’s free immunisation clinics. To locate Council’s free immunisation clinics please go to http://www.brisbane.qld.gov.au/community/community-safety/council-immunisation-clinics/childrens-immunisation-clinics or call 3403 8888.

To download a School Immunisation Program consent form please visit https://publications.qld.gov.au/dataset/school-based-vaccination-program or call 13 Health on 13 43 25 84.

If you would like to request your child’s immunisation history with Council, please send your request with your child’s full name and date of birth to immunisation@brisbane.qld.gov.au

Belinda Sourris | School Coordinator | Immunisations Services | Brisbane City Council

English Department News

Sandgate visited by award winning Author

On Tuesday 24 March, Sandgate High was visited by renowned author Michael Gerard Bauer. Mr Bauer’s work has attracted a range of prestigious awards and his novels have been published all over the world.

A selection of students from our junior school were treated to an interesting, informative and interactive presentation that revealed processes writers can employ to generate entertaining stories and memorable characters. Across three sessions, Mr Bauer shared his passion for storytelling, demonstrating that even the most common of experiences can inspire a gripping tale replete with extraordinary characters. He also encouraged our students to acknowledge that everyone has the capacity for a gripping yarn.
Students laughed deeply, learnt plenty and had their imaginations sparked. They participated enthusiastically and, when given the opportunity in a question-and-answer session, engaged in thought-provoking dialogue with the author.

At the end of each presentation, it was clear that a number of students were keen to head to our library and read Mr Bauer’s novels. Some year eight classes are also fortunate enough to be studying the author’s work later this year, which will be an extremely rewarding experience for those who have met him and gained insight into his writing process and real life inspiration.

Steven Pender | Acting HOD English

Senior Schooling News

Gener8 Program 2015

Three of our Year 12 students, Lachlan Dinte, Luke Perry and Ben Williams are involved in the Gener8 program sponsored by the Department of Education, Training and Employment. The program offers students an employment pathway into the transport and logistics industry through valuable workplace experience and a vocational qualification.

Year 12 QCS Practice Test

Our Year 12 QCS students will be sitting a practice Test on Wednesday 1 April from 8.45am in the Performance Hall. The students will be tested on a Short Response paper and will need to bring along pens (black ink).
pencils, colour pencils, protractor, drawing compass, eraser, ruler and approved calculator. The equipment
MUST be in a plastic bag or transparent container. Clear water bottles are permitted. Good luck to all students!

Samantha Churchill | Teacher Aide Senior Schooling

Sandgate DSHS Cross Country /Adidas School Fun Run

The School Cross Country this year will be held at School on Thursday, April 30 2015.

The School Fun-Run is a healthy, fun and active fundraiser that ensures we send the
right message to our students about getting active, having fun and maintaining a
healthy lifestyle. The main focus of this event is on participation. Family support is
most appreciated as we encourage all students to get involved.

All students have received a Sponsorship Form to help collect sponsorship on behalf of the school. The funds
raised will be used to purchase: Table Tennis Equipment for students to use during lunch time competitions
and recreational sport.

We ask all parents to read the Sponsorship Form and sign the front page to grant permission for their child to
fundraise and participate in this event. Students who raise just $10 or more will receive a reward for effort. In the
Sponsorship Form you will also find many other benefits like the chance to win a family holiday to Disneyland!

Students wanting to track their progress, and use online fundraising, can do so by logging onto
schoolfunrun.com.au/students and creating a Student Profile Page.

Thank you, good luck and happy fundraising!

Jonathan Hatch | Acting HOD Human Movements

Year 7 Inter-house Handball Competition

Before school, after school, morning tea and lunchtime one thing is for certain - Year 7s are Kings and Queens of
the handball courts at F Block! There are a variety of rules and a new language to learn if you wish to play.
“Linesies”, “treetops”, “poison”, “cupping” to name a few. To take advantage of the excitement that this simple
game provides boys and girls at our school, students have been competing representing their houses on
Mondays at 1pm.

At the end of the Final day of play, the house total points and champions are:
Well done to all the students that nominated. Whether you played once for your house or every week, you made a difference. Rewards will be presented to champions and finals participants at Year 7 Assembly Thursday 2 April.

Thank you also to Ms Rachel Nooteboom and Mr Neil Dargusch for participating in the final day event! You surprised us all with your skill, speed and grace around the court. Both Deputies made “ACE” at least once!!

Keep up the house spirit!!!!

Krista Cameron | Acting HOD Social Sciences

School Based Youth Health Nurse News

Tips for Healthy Family Lifestyles

There has been an increase in the number of children who are overweight or obese.

Why?

There are numerous reasons, some of these include:

- Children are eating more high fat and sugar snacks and less fruit and vegetables.
- Busy families rely more on takeaway and snack foods.
- Children are being driven to and from school instead of walking.
- Children are spending more time being sedentary, eg watching TV and playing computer and video games.
- Children are spending less time engaged in outdoor play.

What can families do?

- Set a good example yourself.
- Even if it is difficult to have a proper family meal each night, try to plan two or three nights per week where you can all sit down together.
- Involve children in food preparation and shopping to inform them of healthy eating choices.
- In summer, select one night where the family goes for a walk together.
- Try to place some foods eg: vegetables in the middle of the table at mealtimes so children can select foods in the quantities they want.
- Encourage water as a thirst quencher instead of soft drink and other sugar containing drinks.
- Always eat breakfast to keep the metabolism going and to prevent poor morning snack choices.
- Let members of the family have their say about main meals they really like, and those they don't, and try to incorporate some of their ideas.
- No food should be banned or called 'bad' or 'unhealthy'. Instead some foods are eaten as 'every day' foods and others as 'sometimes' foods.
- Discourage eating in front of the TV or computer, as this encourages 'non-hungry' eating.


For any further information please see Mandy – School Based Youth Health Nurse.

Mandy Trempus | Youth Health Nurse

Chaplaincy News
Hi all,
Our Chaplaincy is at risk of dropping from a 4 day a week to a 3 day a week service in Term 2 due to a lack of funds. Chaplaincy is part funded via Government Grants but majority donations from the community. Please join with me in prayer through this challenging season.
Next Fundraising event - 20th May, more details to come.
To Donate to Sandgate Chaplaincy please contact our Treasurer June Buchanan: trevor_junebuc@hotmail.com

Sandgate District State High School Newsletter

Ways to support the Sandgate High State School Chaplaincy Service...
1. Volunteer your time in one of the Chaplaincy programs.
2. Pray for; students, staff, whole school community and Local Chaplaincy Committee.
3. Financially give to Sandgate Chaplaincy and the many programs Chaplaincy runs.

Sandgate High State School Chaplaincy NEWSLETTER
March 2015

Harmony Day 2015

One of Sandgate’s High most celebrated days, Harmony Day falls on Chaplaincy to organise in March every year. This year was a real success in my view, bring together and celebrating each and every culture. Thanks for everyone involved.

Student performances and Staff Food stalls were brilliant.

World’s Greatest Shave Event

World’s Greatest Shave event raised over $2,700 towards the Leukaemia Foundation. Fantastic effort from all 9 students, 4 teachers and Guest Hair Dressers involved. Special thanks to Mrs Major & Mr Bates waxed legs.

Term 1 2015

Hi my name is Andy Pickard the Chaplain at Sandgate District High School.

Term One has been a fantastic and enjoyable period where I’ve felt at home as I’ve settled down into the work of Chaplaincy in 2015.

Some of the Highlights:
- Year 8 & 7 Camp, Senior leadership Camp
- Welcome Parent BBQ
- Chaplain’s Breakfast Friday’s
- Swimming Carnival
- Parent Evening Seminar
- Church Visitation
- Providing Food Hampers to Families in emergency situations
- Supporting and working with Students and Families with needs and issues.

Harmony Day

World’s Greatest Shave Event
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

Sunday Markets at Sandgate District State High School
Aspley State High School 125th Anniversary
DO YOU HAVE A CONNECTION WITH

Aspley State School?

125

Delivering Quality Education Since 1890

Are you a past student, teacher or a member of the Aspley State School community?

We’re celebrating our 125th Anniversary this year and we’d love you to join us at our Birthday BLASST and Reunion Dinner on Friday 11 and Saturday 12 September 2015.

REGISTER YOUR INTEREST NOW!

We’re also looking for photos and stories for our commemorative book from early days to recent years. School books or other school memorabilia would be greatly appreciated.

www.aspleyss.eq.edu.au
E: Reunion125@aspleyss.eq.edu.au
P: 07 3863 9111
Facebook: facebook.com/groups/AspleyStateSchoolReunion
Twitter: @AspleySSReunion

KINDLY SUPPORTED BY TRACY DAVIS MP, MEMBER FOR ASPLEY

Produced by Aspley State School P&C, Maundrell Terrace Aspley QLD 4034

Zillmere Library Homework help and Upcoming Library Events
Zillmere library is now able to host homework help on a Thursday as well as our usual Tuesdays and Wednesdays from 3:30 - 4:45pm. We currently have students from St Pats and St Rita college who are helping us to deliver this service.

We are also hosting some fun events for school holidays and we still have plenty of spaces:

- Nadia Sunde – The Treasure of Captain Curlylocks - Friday 10 April (No bookings required)
- Create your own Manga Monster - 7 April (bookings required)
- Spy Secrets – 14 April  Bev is running  (bookings)
- Billie B Brown – 8 April  Suzette is running (bookings)
- Maker Space- crafty fun-Tuesday 14 to Friday 17 April

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