

26 May 2015 Issue 8

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Interesting Research

A message from the Principal...

**Mobile Phones**

As you know, Sandgate has a strict "no mobile phone" policy. This policy was put in place for the following reasons:

- * Mobile phones can be a distraction in class, stopping students attending to their learning.
- * The possibility for cyber bullying and inappropriate use of phones during school time is significantly reduced when they are prohibited.

* Contact with parents is through our office, ensuring effective communication and the appropriate resolution of any issues which arise during the school day.

* Students talk to each other face-to-face and play during breaks.

Research published in The Guardian 17 May 2015 supports our ban on phones. The effect of banning mobile phones from school premises adds up to the equivalent of an extra week's schooling over a pupil's academic year, according to research by Louis-Philippe Beland and Richard Murphy, published by the [Centre for Economic Performance](#) at the London School of Economics. "[Ill Communication: The Impact of Mobile Phones on Student Performance](#)" found that after schools banned mobile phones, the test scores of students aged 16 improved by

6.4%. The economists conclude that this is the “equivalent of adding five days to the school year”.

Private vs State Schools

University of Queensland research published in April 2015 has found “that the amount of time a mother spends with her child, and the education level of both parents, will have more impact on a child than whether they attend a private or public school. The work adds to a growing body of literature from three different continents that the returns from attending independent schools are no different from those attending a public school”.

In addition a number of studies have found that students from State schools perform better in their first year of university as they are required to be self-motivated and apply high levels of self-discipline while at school. The “real world” would appear to be a great leveller and it is one of the reasons that “Being Work Ready” is one of Sandgate’s key values. Work readiness explicitly teaches the importance of work related skills including: punctuality, co-operation, following rules, showing initiative, being respectful and being able to work independently with a range of people.

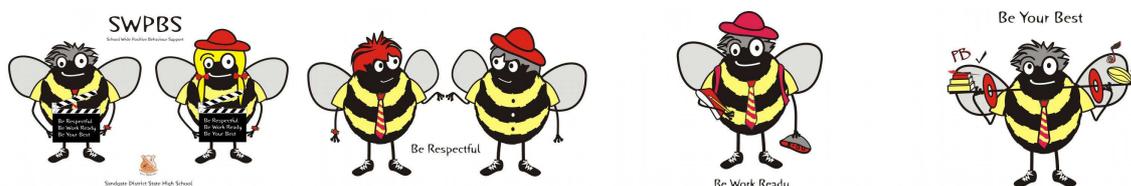
If you are interested in this issue you might want to read a book by David Gillespie “Free Schools – How to get your kids a great education without spending a fortune”.

IT 2016

Given the feedback by Year 9 parents to our IT Survey and a consideration of options and budget, the P&C has endorsed the following for 2016:

1. The 1-1 laptop fee is \$250 per annum. At this fee the school is still subsidising the device and technical support. However, it is the best way to ensure that all students have access to technology and it is the preferred mode of delivery of the majority of parents.
2. In the Junior school 2016, the 1-1 laptop program will be based on a school owned and distributed device, as is currently the case.
3. In 2016, Year 10 students and students with disability, will be given the choice of the school based 1-1 program (\$250/ Year) or BYOX (Bring Your Own Device \$100 /year). Students opting into the school based program will need to pay their \$250 before the end of 2015, so that we can order the appropriate number of computers and ensure they are available at the start of the school year. More information will be distributed about BYOX later in the year.

Jeanette Gentle | PRINCIPAL



P&C MEETINGS | THIRD WEDNESDAY OF EACH MONTH
 6.30PM | SCHOOL RESOURCE CENTRE (LIBRARY) | ALL WELCOME
 NEXT MEETING: 17 JUNE 2015



What's On

25 May - 12 June 2015

SEMESTER 1	2015	TERM 2
Week 6		
Mon 25 - 28 May	Year 11 REC Camp Maroon OEC	
Tues 26 May	Junior Winter Sport Round 2	
Wed 27 May	Senior Winter Sport Round 3	
Fri 29 May	Year 10 Careers Expo Bne Convention Ctr	
Week 7		
Tues 2 June	Junior Winter Sport Round 3	
Wed 3 June	Senior Winter Sport Round 4	
Week 8		
Tues 9 June	Junior Winter Sport Round 4	
Wed 10 June	Senior Winter Sport Round 5	

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

[CLICK HERE](#) TO VIEW OUR UNIFORM PRICE LIST

P&C News

Open Day

The P&C would like to thank all of the parents, students, caregivers and members of the local community who came along to the Open Day on Saturday May 16. The day was a tremendous success with our students leading the way as tour guides and all looking fabulous in their new school uniforms.

The P&C held an information stall with tuck shop menus, the new school uniforms on display and information/pricelist, and our SDSHS contacts list. Thank you to Melanie our secretary for organizing the roster for the day, it was well staffed with volunteers from the P&C who spoke to many parents about our great school

and the work we do. Well done all.

Chaplaincy Fundraiser

Due to the occurrence of the SDSHS P&C general meeting, we were unable to attend the Trivia night fundraiser. On behalf of the P&C, it is my pleasure to announce that the P&C has gifted a \$200 donation to the Chaplaincy fund, and fully support the wonderful work Chappy Andy is doing in the school. We wish our Chaplain the best of luck with future fundraising endeavours.

Justyne Wilson | P&C President

Senior Schooling News

QCS Practice Test

During the June exam block, year 12 QCS students will sit their final QCS practice test. The practice test will be held in the Performance Hall from 8:45am – 1:40 on Thursday 25 June (Writing Task and Multiple Choice) and from 8:45 – 11:15 am on Friday 26 June (Short Response). These practice sessions are an essential element of the QCS preparation program and attendance is compulsory for all OP eligible students.

Judi Robinson | HOD Senior Schooling & Business

Diploma of Business - Year 11 Students

Don't forget we are now offering our current Year 11 Business students the chance to enrol in and study a Diploma of Business at school. If you missed the information session but are interested in finding out more about the course, please see Sam in AG10 for an information pack.

USI Numbers

From 1 January 2015 the Australian Government requires all students undertaking Vocational Education and Training (VET) to have a Unique Student Identifier (USI). The USI will link information about a student's VET achievements, regardless of where they studied, ensuring that VET records are not lost, and make it easier for students to have access to their VET educational information.

As our Year 10, 11 and 12 students participate in Certificate II Work Place Practices and Certificate II Skills for Work and Vocational Pathways, it is necessary for students to obtain a USI number before any qualification or statement of attainment can be issued.

Students can apply for their USI number at home by visiting www.usi.gov.au and supply their USI number to Samantha Churchill in AG10 for recording purposes.

Senior Schools Career Information

Traineeships, Open Days, Certificate Programs - [click here](#) to view details re the following:-

- Hospitality
- Navy
- Film & Television
- Health & Fitness
- Police Service
- Fashion
- Vet Nursing

Samantha Churchill | Teacher Aide Senior Schooling

After Hours Immunisations Catch up Clinics

Brisbane City Council's Immunisation team will be conducting afterschool catch up clinics for students who missed their vaccinations at school this year and 2014. Year 8 and 9 Male and Female students (HPV, Boostrix and Chicken Pox), Year 10 and 11 Male and Female students (Boostrix, HPV male students only) are eligible to be caught up through these special clinics.

Please find below our clinics, dates and times:

Chermside Library: 375 Hamilton Road Chermside – 28th May 2015 5:00pm – 8:00pm & 18th June 2015 5:00pm – 8:00pm

Carindale Library: Westfield Carindale, 1151 Creek Road, Carindale – 18th June 2015 5:00pm – 8:00pm

Indooroopilly Library: Holy Family Church Ward Street Indooroopilly – 25th June 2015 4:00pm – 6:00pm

Consent forms can be downloaded from -

<https://publications.qld.gov.au/dataset/school-based-vaccination-program>

If you are unable to download a consent form they will be at the after hour's clinic.

Belinda Sourris | School Coordinator | Brisbane City Council

Brisbane City Anzac Service - student report

On Thursday the April 23, a group of year 9 students travelled with Mrs Cameron, Miss Thompson and the year 12 school leaders to the Anzac day Commemoration Ceremony for students, held in Anzac Square in the Brisbane City.

This event was very well attended as it was the 100 year Centenary of the Gallipoli landing. This event saw some very special guests, like the Honourable Ms Anastacia Palaszczuk (Queensland Premier). She addressed the audience, reminding us to remember the amazing sacrifice of our soldiers and to always keep the Anzac Spirit alive. Following that, our school captains were lead with other students to lay a wreath at The Shrine of Remembrance. Three students from the Australian and National Islamic College read out thought provoking

poems and shared the meaning of Anzac Day.

This event was a great opportunity for all who attended. I hope that our generation and future generations will always remember the soldiers who sacrificed their life for us.

We will remember them, Lest We Forget.

Melissa Park | Year 9 Student

Music News

Our Instrumental students are working away in their lessons and rehearsals, preparing for performances. Music is so beneficial for our children.



"Music study develops skills that are necessary in the workplace. It focuses on "doing" as opposed to observing and teaches students how to perform, literally, anywhere in the world. Employers are looking for multi-dimensional workers with the sort of flexible and supple intellect that music education helps to create, as described above. In the music classroom, students can also learn to better communicate and cooperate with one another."

<http://childrensmusicworkshop.com/advocacy/12benefits.html>

Some of the members of our new Boys' Choir. We certainly sound enthusiastic!!!!

Debbie O'Shea | Music Teacher

School Based Youth Health Nurse News

Self-esteem for Teens

Part 1

Self-esteem enables young people to try new things without too much fear of failing, to reach out and make friends, and to manage problems they are likely to meet along the way. Self-esteem builds a solid foundation for coping with life.



Healthy self-esteem is feeling good about yourself and feeling that you are a worthwhile person. While we all have self-doubts at times, it is important for young people to feel okay about themselves much of the time.

Self-esteem is about valuing who you are. It is about self-respect and liking

yourself. It is not conceit or boastfulness, but about believing in yourself and what you can do in the world.

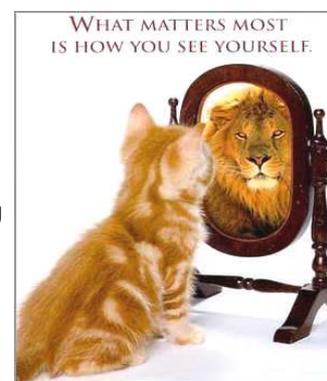
Self-esteem is how you feel about yourself as a person and knowing that there are things that you can do well – it is about being and about doing. It is learned by children through how parents and other important people feel about them and treat them.

Part of self-esteem is feeling that you have a place in the world where you belong – that you are part of a family where you matter. It is knowing about your roots and having confidence in your future. This can be a problem for young people who have come from other countries and lost touch with their 'roots'. It can also be a problem for young people who have been part of a family break-up, if they are split off from part of their family and the history of that part of the family.

What parents can do for young people:

Young people are undergoing major changes in their lives as they prepare for adulthood and their self-esteem can often be shaky.

- Parents can help by showing that you believe in them and by encouraging them. Young people may deny it when you tell them that they look good, but they take in your message. Don't let their 'not-interested' reaction put you off! For example 'You look really great with your hair that way Jack'.
'You're just saying that because you're my mother. You're biased'. 'Well I am your mother and I'm very proud you're my son'
- Expect some help at home – even if it takes some explaining that it is part of belonging to the family. This says to your teenager that he is valued and needed as part of the family.
- Try to take an interest in their interests. For example try to find something you like in their music. Ask them about the words of the songs and what they mean, but don't criticise.
- Listen to their opinions without always having a better or wiser answer. Help them to explore their own ideas. Let them know that they don't have to have the same opinions as you.
- Ask their help or advice sometimes. Show that you don't have all the answers.
- When something is really important to them, sometimes go out of your way to help them achieve it, even if you don't think it matters.
- Take an interest in their schoolwork, hobbies and sport and let them know that you are proud of their achievements.
- Keep them involved in the family. Expect them to attend special family celebrations and occasions, even if they don't stay around for long.
- When they make mistakes due to 'trying their wings', see them as mistakes to learn from. Let them know that is how most of us learn to do better.
- Welcome their friends into your home so you can get a chance to get to know them.

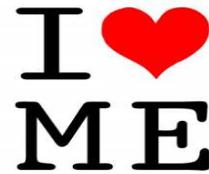


- Listen to their worries and concerns, then ask what they might do to deal with them and how you could help.
- Encourage them to manage their own money by showing how you budget, and allowing them to save and shop for what they want.
- Make time for a daily family meal where everyone can talk and listen to each other.

Hang in there. When young people are the most difficult to live with, it is usually because they are not feeling good about themselves. This is the time they need to know that you are there for them.

Part 2

Messages that harm young people's self-esteem:



- Ignoring them and not taking an interest in them.
- Constantly nagging.
- Messages that say you do not like them, eg. 'I love you but I don't like you'.
- 'You are...' messages that say something bad about them as people, eg. 'You are ... lazy, untidy, naughty, a nuisance, a bully, shy, a sook...'
- Comparing them with others, especially brothers and sisters that suggests they are not as good.
- Giving messages that life would be better without them, e.g.' If it weren't for you we could have a good holiday' or 'I wish you hadn't been born'.
- Threatening to leave them or give them away if they do not do as you wish.
- Frowning or sighing when they want to talk to you or ask you for something that suggests it's too much effort for you to give them your time.

Special tips for parents

- It is important to look after your own self-esteem too. It is part of good parenting to let your children see that you feel good about yourself.
- Take time out for yourself regularly. Do some things you really enjoy or feel proud of. For example take a bubble bath, join a team or club, read a book, go for a walk or run, go to a movie, learn something new.
- Spend some time with friends who support you and help you to feel good.
- If you have a partner make sure that you spend time together.
- If your children are growing up, start thinking about new interests you might like to take up or old ones you enjoy that you haven't had time for.

Mandy Trempus | Youth Health Nurse

Past student makes debut with Brisbane Lions

Congratulations to past Sandgate DSHS student - Liam Dawson on making his debut for the Brisbane Lions

against Essendon last Saturday. It was a day of milestones for Liam as he also became the 273rd player to kick a goal with his first kick in league football. A remarkable young man, be sure to remember his name. We look forward to watching Liam's career continue and wish him every success for the future!



Photograph taken by Robert Cianflone and sourced from article in The Age <http://www.theage.com.au/afl/afl-news/brisbane-lion-liam-dawsons-debut-through-his-mums-eyes-20150525-gh9d4z.html>

Position Vacant

TEACHER AIDE
8 hrs per week permanent
Sandgate District State High School
Special Education Program
Application package available online
Applications close 5 June 2015
www.sanddistshs.eq.edu.au
or phone 3869 9855

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.

http://mailouts.austnews.com.au/subscription/sandgate_district_subscribers.html

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

Taste of Navy Trades

[Click here to open this flyer in a new window](#)



TASTE OF NAVY TRADES

9.00am – 3.00pm, Monday 6th July 2015

Queensland Maritime Museum, Southbank

The Specialised Recruiting Team – Women in the Navy – is offering an exclusive tour for females interested in a **technical trade career** in the Navy to see first hand some of the systems that are used to operate a Navy ship. Learn about the unique traditions of the Australian Navy as well as having the opportunity to try your hand at some of the trade skills that are used to keep a Navy ship at sea. This activity will give young females the opportunity to meet and talk with sailors from the Royal Australian Navy about their time in the Navy and the great opportunities available in technical trades.

Please note to be eligible to apply, you must be of 16 years or older and obtained a pass in year 10 English, Maths and Science. Morning tea and lunch provided.

Applications must be submitted through the below Apply link.

Apply: [click here](#) by COB Friday 19th June 2015 – spaces are limited



Music by the Sea

As a kid, Simon Tedeschi was so focused on mastering the piano that he once rolled up to school in his PJs.



Now, having evolved from child prodigy to classical superstar, the formally attired concert pianist is often described by respected critics and musical peers as "one of the finest artists in the world", and in a stunning coup

returns to perform for Music By The Sea on Saturday 6 June.

Sandgate's 102 year old heritage listed Federation style Town Hall is renowned for its excellent acoustics and will provide a gracious backdrop for the concert starting at 7.30pm.



And those attending will be privy to the same musical majesty enjoyed by audiences that have included Their Royal Highnesses The Crown Prince and Princess of Denmark, Vladimir Putin, George W Bush, Nelson Mandella and the Dalai Lama.

The book of his life is an interesting read - metaphorically speaking - with Tedeschi giving his debut performance of a Mozart Piano Concerto at the Sydney Opera House when he was nine, playing for Pavarotti at 13, lauded as an international award-winning concert pianist since he was 18, and currently signed at the top end to Sony Music Australia.

You may have even spotted him hanging about, the subject of Cherry Hood's 2002 Archibald prize winning painting titled 'Simon Tedeschi Unplugged'.

He said, "I get so excited to be doing this for a living - because I have the honour of touching creation. I get inspiration from everywhere - not just museums and concert halls. I might get inspired by a film, an animal or even a car. For instance, I am inspired to create macabre darkness in Shostakovich's First Piano Concerto by watching 'A Clockwork Orange' or literally see the permutations of a fugue by watching the sinewy 'Don't Look Now'. I've even been known to be inspired by some of John Water's older films - but that's another story."

Meanwhile, in yet another chapter Simon performs to a different beat, engaging in one of his non-musical passions as Official Patron of charitable organisation Microloan Australia. The aim of the Foundation is to help the poor help themselves to eradicate poverty by providing small loans to groups of women in sub Saharan Africa.

"As someone who is not an economist, it struck me as being very pragmatic and common sense," he said.

He would like to see more classical musicians adopt a socially engaged focus.

"Music is not divorced from the social context in which it operates, he said."



Tickets: Adult \$35 - Concession \$30 - Youth under 18 FREE.

We feel that this concert should be seen by young people, so we have FREE entry for youth under 18 years of age.

For program and booking details: musicbythesea.com.au.

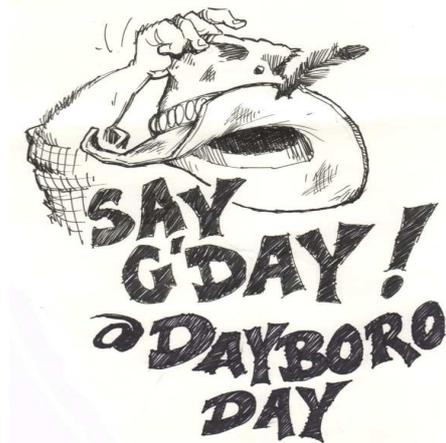
Dayboro Day Festival

**Say G'day @
2015 Dayboro Day Festival
&
Dayboro Antique & Collectables Fair
Sunday 31st May 2015
*It's all about Community***

The last Sunday in May is the set date of the Dayboro Day Festival (DDF) each year.

Once again we have a great day organised!

- Chopper Rides
- KIDS PASSPORT TO FUN
- Face Painting
- Street Parade
- Blacksmith Demonstrations
- All day Live Entertainment
- Pineapple Pie Eating Competition
- Dayboro Waterless Raft Race
- More Market Stalls than you can poke a stick at!
- Amusement Rides
- Camel Rides
- Rock Climb
- Animal Farm
- Official Opening and Resident of the Year Award, Youth of the Year and Business of the Year at 11am
- Kato the Clown
- Bumbles The Balloonatic
- Police Ambulance and Rural Fire Displays
- Historic Pictorial Display at **Dayboro Cottage**
- ATM's on site if you need cash for that special purchase
- DAYBORO CONVERSATIONS
- DAYBORO ANTIQUE & COLLECTABLES FAIR



The Kids Passport to Fun starts at **Dayboro Conversations**

This is a change from last year so check the MAY Dayboro Grapevine for your MAP. Here they pick up their passport to fun bag. They then make their way to all the stops on the passport and pick up more goodies. Once they have collected all their stamps on their passport, they return their passport to the **stage in Roderick Cruice Park** to go into the draw to win one of 25 great prizes.

Please note changes to pick up and return venues.

The Pineapple Pie Eating competition is just heaps of fun to be in and to watch. They get up to all sorts of antics. Nominate for the competition at the Roderick Cruice Stage and go into the draw to get eating!

Dayboro Waterless Raft Race is one event no to be missed. Our not for profit local associations go head to head and the competition is fierce, well its wetter than is should be!

They flash by so fast you have to be ready to watch. You will laugh at the antics they get up too. Check program for the race time.

Chopper Rides have proved a popular addition to the festival with this year no exception. Get in early to secure your flight.

Dayboro Conversations 2015 Program

9.30am Guide Dogs for the Blind. Hear what is involved in the journey of a guide dog.

10.00am Break for PARADE

10.30am Qld Parks & Wildlife rangers with Pythons, Lizards and other reptiles. You can even handle some of them.

11.00am Dayboro Ambulance will demonstrate CPR

11.30am UQ Vets will speak about pet cows and cows on acreage.

12noon Jason Stankoski from North Pine Poultry Club will speak about keeping chickens and will have chickens on the day

12.30pm Qld Parks & Wildlife rangers

1pm Donna Farrell from KUMBARTCHO will talk about weeds in our area.

Dayboro Conversations will be situated in the far corner of the land on the corner of Williams and Heathwood Sts at the back just to the side of the tennis courts. Look for the DAYBORO CONVERSATION signs.

DAYBORO ANTIQUE & COLLECTABLES FAIR is being held at the Dayboro Showgrounds from 8.30am.

- Leading dealers Exhibiting fine Antiques and Collectables at most affordable price

- Cost is \$5 per adult with children under 16 accompanied by a paying adult, free of charge
- Valuations by experienced valuers
- Valuations cost of \$2 per item (max of 3 items per person)
- ATM available at the Fair
- A lucky door prize & Silent Auction
- Vintage Steam Machinery on Display
- Vintage Tractor Display
- Food and refreshments available from Show Canteen

There is FREE PARKING at the Dayboro Showgrounds, with a FREE Brisbane Bus Lines Shuttle Bus running at 15 minute intervals all day. The Bus Route will be through the Showgrounds, along Don Kerr Memorial Drive (up past the Football Club & Scout Den), down McKenzie Street to the Cnr Delaney and McKenzie Streets – and return.

Please check out your MAY edition of the Dayboro GRAPEVINE for Festival information, Site Map and also TRAFFIC ALERT with street closures.

Host Families needed

LEARN ABOUT YOURSELF!

As Marcel Proust, a late 19th Century novelist wrote: “the real voyage of discovery consists not in seeking new landscapes but having new eyes”. Volunteer to host an international high school student arriving into Australia in July 2015 through Southern Cross Cultural Exchange and prepare to be amazed at the way this unique and rewarding opportunity helps your family to become closer, to understand themselves better and see the world in a new light.

Carefully selected students will arrive in July for one term, one semester or two semesters from France, Germany, Italy, Switzerland, Spain, Sweden, Norway, Finland, and Denmark. They will attend a local High School, arrive with their own spending money and comprehensive health insurance cover – all arranged by Southern Cross Cultural Exchange. To enquire about becoming a volunteer host family visit us at www.scce.com.au email scceaust@scce.com.au or call us toll free on 1800 500 501, request our international student profiles and capture the spirit of family and friendship.



CHECK THIS OUT!

Did you know that French toast isn't French?
That France is the most visited
country in the world?



That there are over
1000 types of sausages
and 300 kinds of
breads in Germany?



France Germany Italy Spain Colombia
Denmark Finland Norway Sweden

Open your doors to your favourite culture and brush up on your French, German, Italian, Spanish or a range of Scandinavian languages from this July. You can, when you help an intercultural exchange student as his or her volunteer host family for a few months and share cultures. Southern Cross Cultural Exchange takes care of student's travel, insurance and school arrangements. **Call 1800 500 501 or enquire on www.scce.com.au to find out how to become a host family and enjoy the benefits.**



Sandgate Hawks Autumn Markets



CALLOUT FOR MARKETEERS!

**We are on the lookout for marketeers for
our Autumn markets, on Saturday 13th June
from 3pm to 8.30pm**

As you have shown a prior interest, we wanted to invite you to apply first!!

All the rules & regulations are on the form (link below,) as well as questions you might have.

<http://www.sandgatehawks.com.au/whats-on-at-your-club/autumn-twilight-markets>

(if you have any trouble downloading the application form, get in touch with us at sandgatehawksmarketing@gmail.com) and we'll send you a copy

We would prefer if you could apply sooner rather than later, to ensure your space, and also to give you further opportunities to promote your business with any promotional paraphernalia that is distributed in the lead up

Look forward to hearing from you soon!!

Sunday Markets at Sandgate District State High School

