Being a Good Student

A message from the Principal...

As we near the end of Semester 1 I would encourage all students to review their performance against the indicators for being a good student.1

1. **Attendance**: If you are not at school, you cannot participate in learning. In Access class students will be asked to calculate their percentage attendance. In addition, if a student is 10 minutes late to school every day, they miss almost a period of instruction a week. Students, who miss school to complete traineeships/apprenticeships, attend excursions or camps or complete university study should always use their study periods to catch up the work missed.

2. **Time Management**: There are just 24 hours in each day. What you do with that time makes all the difference. All students have a Student Organiser to assist them to plan their semester, week and day. Students can download their assessment calendar from the school website, transfer the due dates into their organiser and then enter their other commitments into the planning tool. All assessment needs to be handed in by the due date.

3. **Goal Setting**: If a student aims at nothing, that’s generally the outcome they will attain. All students need to set attainable learning goals each semester. At the end of the semester the goals should be reviewed. If the goal was achieved, the student should consider what worked that they need to do more of in the future. If the
goal was not achieved, the student needs to think about what stopped them achieving their goal and what they need to improve on.

4. Concentrate in Class: Students need to listen to their teacher, stay focused and make sure they understand the lesson. If a student does not understand something, ask questions! Remember the only dumb question is the one you fail to ask when you need to know.

5. Be Work Ready: A good student is always organised. Not only will this save valuable time but it ensures that the student has everything (laptop, calculator, note book, student organiser, writing journal, textbook) they need for the lesson.

6. Homework/Study: Everyone is different. Some students study well early in the morning, while for others evening study is best. Each day a student should do some reading, keep up-to-date with current events, review their lessons from the day, work on assignments and prepare for exams. It is beneficial for a student to start the things they find hardest or like the least first to get them out of the way.

P&C Meeting

Our next P&C Meeting will be held in the library at 6:30 pm on Wednesday 17 June 2015. We have been very excited to meet with our architects working on the proposed Creative Arts Centre and the latest iteration of the plans will be shared at the meeting.

National Collection of Data on School Students with Disability

Dear parents/carers,

Collecting data on school students with disability helps teachers, principals and education authorities support the participation of students with disability in schooling on the same basis as students without disability.

All Australian Governments have agreed to work together on the annual collection of data on school students with disability.

All Australian schools participate in this annual data collection.

The data provided to the Australian Government is aggregated data only. Please be reassured that the Department will not provide to another organisation any data that can identify an individual student. The only data being collected at the school level to be reported nationally is the:

- number of students in the school who are provided with an adjustment to address a disability;
- level of adjustments we provide for those students; and
- broad category of disability.

Consultation with parents is important not only for the data collection but also to ensure you are aware of the adjustments being provided to support your child. We will therefore continue to consult with you.
While only data that cannot identify your child will be submitted outside of the Department, if you do not wish for your child's details to be included, please let me know.

Information and fact sheets are available to help you make a decision from the:


Alternatively, if you have any queries about the collection or use of this data I encourage you to contact me directly.

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

9 - 26 June 2015

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<th>SEMESTER 1</th>
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<td>Junior Winter Sport</td>
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<td>Mon 15 June</td>
<td>Yr 12 SIP Excursion</td>
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<td>Mon 15 June</td>
<td>Yr 10 QUT Explore Uni Day</td>
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<tr>
<td><strong>Wed 17 June</strong></td>
<td>P&amp;C Meeting</td>
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P&C News

Einbunpin Festival - Volunteers required

The P&C in association with Sandgate High will be holding a stall at the Einbunpin Festival is on Sunday July 26. The Music Supporters Group will be selling ice-cream, and there will be participation from students from several departments. We also have on display the plans and information about the Creative Arts Centre.

Volunteers to staff the stall are required – please join us to lend a hand for this community orientated and fun festival day. All enquiries, contact Leesa-Marie on ljedr1@eq.edu.au

For more information about the festival, please see the link below.

http://www.einbunpinfestival.org.au/contact-us/

Justyne Wilson | P&C President

Senior Schooling News

QCS Practice Test

A QCS practice test for Year 12 students will be held during the June exam block. This test will follow the processes and procedures of the real QCS test and it is the final opportunity for the students to prepare themselves for QCS ‘test’ conditions. The practice will be held over two days: Thursday 25 June (full day) and Friday 26 June (morning session).
A letter outlining times and equipment requirements has been given to each of the QCS students.

This fortnight our QCS students are focusing on visual literacy. Rob Anderson (HOD Visual Arts) is revealing the secrets of the visual world through images, music and actions.

Senior Schooling

Students who have unfinished Workplace Practices competencies will be required to attend school during block exams to complete their work. This includes incomplete work from 2014. Letters will be sent home this week to the families of those students affected.

Judi Robinson  |  HOD Senior Schooling & Business

Diploma of Business Year 11

Enrolment forms are now due for the Diploma of Business currently being offered to Year 11 students. Please ensure you have all of your completed forms to Samantha in AG10 by Thursday 11 June 2015. No forms will be accepted after this date. Further information on course delivery will be available by the end of term.

Click HERE for career information and opportunities for Senior School Students

Samantha Churchill  |  Teacher Aide Senior Schooling
Music News

Instrumental Music

The Department's Instrumental Music Program was established by the Department of Education in Queensland state schools in 1971. The program now boasts more than 400 instrumental music instructors (equivalent to over 300 full-time) teaching in excess of 50,000 students across the State.

Educators and music industry professionals regard the Instrumental Music Program in Queensland as the finest and most extensive in the country. It is internationally recognised as a leader in the field of instrumental music education. The program and its dedicated teaching staff are highly valued by Education Queensland and enjoy enormous support from the wider community.

Students learn band and orchestral instruments in small groups and participate in larger ensembles such as concert bands and orchestras. The program includes woodwind, brass, percussion and strings (violin, viola, cello and double bass) instruments.

Teachers work across clusters of schools, usually in a secondary and feeder primary schools. We have four fabulous instrumental teachers that work in our cluster of schools -

Mr Ken Lincoln (teaching woodwind and conducting our Symphonic Wind Ensemble – SWE and the Junior Concert Band),

Mr Mike Van Poelgeest (teaching brass and conducting the Senior and Junior Stage Band),

Mr Sam Mitchell (teaching percussion and conducting the Percussion Ensemble) and

Miss Rebecca Moore (teaching strings and conducting the String Ensemble).

Debbie O'Shea | Music Teacher
Percussion Ensemble - Open day this year

String Lessons
Daggy Jumper Day

On 24 July Sandgate DSHS is going to be hosting an event in partnership with Brisbane Youth Service (BYS) to help raise awareness and collect donations for their worthy cause. Along with co-ordinating Daggy Jumper Day, I will be shaving my hair and organising multiple fundraising activities through-out the next two months. This has all been made possible by the efforts of not only myself, but the diligent employees of BYS and the support I have received from our Principal Mrs Gentle, Deputy Principal Mr O'Neil and the P&C.

Daggy Jumper Day asks that you "Show your support for Brisbane's homeless youth by heading out in a jumper that has, until now, been for your eyes only" on the 24th of July this year. Although the school is allowing flexibility please bear in mind that vulgar language and obscene images will not be tolerated; students will still be expected to be sensible with their clothing choices.

Brisbane Youth Service is a non-for-profit community organisation which has been operating since 1977. They support homeless and disadvantaged young people and their children by providing emergency support and offer a range of services to assist young people to address their physical and mental health issues, establish successful relationships and support networks towards education and long term employment.

Even though I'm not personally a part of Brisbane Youth Service it really is a great service accessible to
everyone so please help me help them.

Your change can change a life.

Mollie Wright  |  Year 11 student

School Based Youth Health Nurse News

Exercise

When it comes to getting enough exercise, most of the time it’s just about finding what works for you. Some people love being active, while others find that exercise isn’t really their thing. But if you can find something you enjoy doing, not necessarily just playing a sport, then getting moving won’t feel like such hard work. (Things like dancing with your friends on the weekend can count as some exercise too!).

Have a think about what might fit your lifestyle and your general likes and dislikes.

Are you a morning person (if yes, try getting up and moving before school) or an afternoon person?

Do you prefer team activities where competition is the motivating factor (hockey, basketball etc), or solo movement (dance or yoga, maybe)?

Do you like being inside (have you tried a gym, or an indoor pool?) or prefer the great outdoors (try hiking or running)?

There are so many different ways of doing it, you just have to find the one for you.

Types of exercise

1. **Aerobic exercise**, like swimming or running, improves your cardiorespiratory fitness. This is the capacity for your heart and lungs to supply oxygen rich blood to your muscles so they can produce energy.

2. **Flexibly exercises**, like yoga and pilates, improve your ability to move your muscles and joints to their full range.

3. **Resistance training**, like lifting weights, builds your muscle strength and increases bone density, preventing osteoporosis.

Here are some tips if you want to start an exercise routine:

- Plan an exercise or activity schedule and add it to your timetable like an appointment that can’t be missed. Try three (3) times a week for starters.
• What time of day do you have the most energy? Pick that time to exercise.
• Choose physical activity that fits with you - think outside the square.

Just because you can’t fit in a full hour of exercise, doesn’t mean you shouldn’t do any at all. 10 minutes is better than nothing.

If you miss a day or two of your routine, you haven’t failed, just start up again the next day!

Mandy Trempus | Youth Health Nurse

Absentee Phone Line 3869 9802

Sandgate District State High School has established a phone line to report student absenteeism. Please phone 3869 9802 directly to advise the school that your child will 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.sanddisths.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://sanddisths.eq.edu.au/). Alternatively, please click on the links below to access the portals.
Community Notices

Aspley State School 125 Year Reunion

Aspley State invites all students to return to celebrate 125 years

The Aspley State School 125th Anniversary celebrations are taking place on Friday 11th and Saturday 12th September.

The Aspley 125 Birthday BLAST will take place at the school on Friday 11th September from 3.30pm-8.30pm. Everyone is welcome to attend this family focused fun event. There will be live entertainment, food and rides – something for all the family. The evening will finish with the 125 BLAST Fireworks.

Past musicians of Aspley State School are invited to participate in a massed band and orchestra performance that evening. The school would love to see as many players as possible joining our current band and senior orchestra for this special event. Please email Christine Jabs cjabs1@eq.edu.au if you are interested in joining in. Please share this with past students that you may know who would like to perform and BYO instrument.

Orders are now being taken for Aspley 125 souvenirs. Information on the full range of souvenirs, prices and ordering details are available via the school’s web site or through the Reunion team.

The Aspley State School 125th Anniversary Reunion will take place on Saturday 12th September at Kedron-Wavell Services Club. This is an adult-only event and tickets are now on sale. The Reunion dinner provides a wonderful opportunity for former students, teachers and other interested members of the Aspley community to get together.

For details about how to order your souvenirs or to purchase tickets for the school reunion please visit the school’s web site or contact Reunion125@aspleyss.eq.edu.au

Aspley State School opened its doors to learning in 1890 and is one of the northside’s longest established schools. The school is located at Maundrell Terrace, Aspley and has 725 students from Prep-Grade 6.

Anyone associated with the school can register for information:

website: www.aspleyss.eq.edu.au
email: Reunion125@apsleyss.eq.edu.au
tel: 3863 9111
Facebook: www.facebook.com/groups/AspleyStateSchoolReunion.
Twitter: @AspleySSReunion.
ASPLEY STATE SCHOOL
125th Birthday
BLAST
Friday 11 September 2015

JOIN US FOR FAMILY FUN 3:30PM TO 8:30PM
AMUSEMENT RIDES ★ SIDE SHOW ALLEY GAMES
ENJOY FOOD & DRINKS IN OUR VILLAGE GREEN
BABY ANIMAL FARM ★ LIVE PERFORMANCES
FIREWORKS FINALE

MAUNDRELL TERRACE, ASPLEY | 3863 9111 | WWW.ASPLEYSS.EQ.EDU.AU

WEP Australia Hosting Program
WEP Student Exchange – Learn and Discover the World!

WEP Australia is a not-for-profit student exchange organisation registered with the Education Departments in NSW, QLD and VIC. Applications for short and long-term programs commencing from November 2015 onward are open now. Students can choose from over 25 countries to live with a volunteer WEP host family and attend an overseas high school for a summer, semester or year. To request program information for your family, visit http://publish.newsserv.com.au/epublisher/printfriendly.php?id=214748458412&scho...
Aviation Careers Expo

The 2015 Aviation Careers Expo is back for its 15th year, offering aspiring aviation professionals the chance to get one step closer to their dream career in the sky. Held on Saturday 22 August between 10am and 4pm at Aviation Australia’s state-of-the-art training facilities in the Brisbane International Airport Precinct, the Aviation Careers Expo is set to showcase the biggest and best in the aviation industry, with training demonstrations, seminars and a world class static aircraft display.

With over 2000 attendees last year, this year’s expo will offer non-stop action, with a unique experience offered to the general public to experience the adrenaline-fuelled world of aviation.

This year’s event will indulge aviation enthusiasts in a rare and unique opportunity to get up close and personal with some of the most iconic aircraft in both the defence and aviation industries, with over 25 expected to be showcased on the tarmac. For aspiring pilots, the sky is the limit, with two simulators operating on the day.

Attendees will also witness aircraft evacuations performed by Aviation Australia’s cabin crew students and captivating under-water evacuations by the RACQ CareFlight team.

With something for everyone, the Aviation Careers Expo is an event not to be missed.

To register your attendance to go www.aviationaustralia.aero/expo.

Follow the Aviation Careers Expo on Facebook @CareerInAviation and Instagram #Aviation.Careers.Expo
Aviation Careers Expo
SAT 22 AUG
WHERE DREAMS AND AMBITION TAKE FLIGHT...

Proudly Supported By
Aviation Australia

Facebook: /CareerInAviation
Twitter: @Career_Aviation
Website: aviation.careers.expo
Email: aviationaustralia.aero
WELCOME TO AUSTRALIA’S LARGEST AND ONLY AVIATION DEDICATED EXPO

Now in its 15th year, the annual Aviation Careers Expo is recognised as one of the major events within the aviation industry calendar.

With over 2000 attendees last year, the Aviation Careers Expo brings together companies, government bodies, industry partners, education providers and non-profit organisations, offering a unique opportunity for students, graduates, teachers, parents and those seeking a career change to explore aviation and aerospace pathways. Featuring a spectacular static aircraft display, visitors will have a once in a lifetime opportunity of getting up-close to iconic aircraft, making the event a perfect outing for all ages.

DATE  Saturday 22 August 2015
TIME  10am to 4pm
LOCATION  15 to 25 Boronia Road, Brisbane International Airport

FREE EVENT

Visit www.aviationaustralia.aero/expo to register

School Holiday Workshop
Emotional Resilience Skills to thrive!

Book now for our School Holiday Program!
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 build 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.

Beach Volleyball Competition
Sunday Markets at Sandgate District State High School

SUNDAY MARKETS
at Sandgate DSHS
41 Braun Street Deagon
Every Sunday 5am - 12 midday