A message from the Acting Principal...

Enrolment Management Plan

Over the last few years, SandgateDSHS has experienced significant enrolment growth which reflects the local community’s confidence in the school’s direction and the outcomes that we achieve for students. While this enrolment growth is a positive for the school, it does mean we need to make some long-term plans to prevent over-crowding in the future. To safeguard the rights of students living within the catchment area, Education Queensland has added SandgateDSHS to the list of state schools that are enrolment managed. This means that to be entitled to automatic enrolment, students must meet one of the following criteria:

- Reside within the school’s catchment area (providing they can supply sufficient proof of residence).
- Siblings of current students at the school (excluding siblings of Program of Excellence students).
- Students whose parent or legal guardian is employed by the school.

Enrolment of students from outside the local catchment area is restricted to ensure that the total current and forecast enrolments do not exceed the Student Enrolment Capacity. The school can only enrol out-of-catchment students if there is sufficient spare capacity.

This will not affect students who have already enrolled for 2016 or students applying for our specialist programs. Other out-of-catchment enrolments may be added to our waitlist until we determine if we have capacity for the enrolment. Please contact our enrolment officer if you require further information.

Awards Night

We look forward to celebrating the successes of our student cohort on Wednesday 4 November. There are a number of new prizes being awarded this year including the Junior Secondary Academic Prize and Ms Gentle is sponsoring a Teacher of the Year award. The evening will commence at 7pm in the Performance Hall.

Music Showcase Concert
Last Friday saw the first of our major end-of-year celebrations with the Music Showcase Concert being held in our Performance Hall. The quality of the musicianship was outstanding and reflected the dedication of our students to their craft. Thank you to the efforts of our classroom music teachers and our instrumental teachers who have honed our students to such professional standards.

World Teacher's Day

On Friday 30 October we celebrate World Teacher's Day. It is a wonderful opportunity to recognise much of the unseen work that teachers do to "Be Their Best" each and every day including late nights marking student drafts, weekends spent developing resources and late afternoon tutoring sessions. Families are invited to print out a certificate to thank teachers for their efforts and present it to the teacher on Friday.


School Leaders 2016

Last week I had the pleasure of interviewing a group of students who had applied for the School Captain positions for 2016. We have some very highly accomplished young people here at Sandgate and each candidate presented to a very high standard. The successful applicants will be announced at Awards Night.

Partners in Progress - What is SWPBS

Our next session will provide parents with information on our School-Wide Positive Behaviour Support Program (SWPBS) and how that shapes our expectations of students. Join Mr Kiss (Deputy Principal - Junior Secondary) in the Resource Centre at 9:30am on 6 November. Coffees are available at the Oval View Cafe prior to the session.

Jim O'Neill | Acting Principal

Parents And Citizen Meetings

P&C MEETINGS - THIRD WEDNESDAY OF EACH MONTH - 6.30pm - SCHOOL LIBRARY - ALL WELCOME -
NEXT MEETING: 18 NOVEMBER 2015

What's On

26 October - 13 November 2015

<table>
<thead>
<tr>
<th>Term 4</th>
<th>Semester 2</th>
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<tbody>
<tr>
<td>Week 4</td>
<td></td>
</tr>
<tr>
<td>Thu 29 Oct</td>
<td>“S” Factor Talent Showcase YSC</td>
</tr>
<tr>
<td>Fri 30 Oct</td>
<td>Senior Students Art Exhibition</td>
</tr>
<tr>
<td>Fri 30 Oct</td>
<td>Super 7s Netball</td>
</tr>
</tbody>
</table>
Sandgate DSHS Community Information Sessions

Throughout semester two, Sandgate DSHS will be offering parents the opportunity to be involved in information sessions focusing on some important issues for high school students and their families. Each session will involve a presentation from a member of the Sandgate DSHS staff followed by the opportunity for some questions from the audience. The intention is to provide families with information that will help students become more successful in the future. Attached is the schedule for next semester’s sessions. Parents can R.S.V.P. to PIP@sanddistshs.eq.edu.au to assist with organisation for the sessions.

Prior to each session, the Oval View Café will be open for business offering visitors the opportunity to purchase coffees, cold drinks and light refreshments while supporting our SEU students. For express service, please add your order to your rsvp.

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/11/15</td>
<td>What is School-Wide Positive Behaviour Support?</td>
<td>Shane Kiss – Deputy Principal</td>
</tr>
<tr>
<td>20/11/15</td>
<td>Engaging Students in Science</td>
<td>Kent Bulger</td>
</tr>
</tbody>
</table>
Year 8 Into 9 Subject Selection Information Night

A year 9 subject selection information night for current year 8 students is being held this Wednesday 28 October at 6:15pm in the school performance hall.

Hear from Deputy Principal Shane Kiss regarding subject selection choices, the online process to make selections and why it is important to make considered subject choices now.

Head of Departments, Year Level Coordinator and Guidance Officer will also be available to answer any questions you may have.

Shane Kiss | Acting Deputy Principal - Junior Secondary

Senior School Careers Information

Youth Mental Health Week

Sandgate High Values Mental Health

This week, Sandgate High will acknowledge Youth Mental Health Week through some activities organised by the student wellbeing group and Mandy our School-based Youth Health Nurse.

Mental Health is so prevalent in Australia that statistics indicate that around 1 in 2 of us will experience a mental illness in our lifetime, and 1 in 5 of us will experience a mental illness in any year. Being a participant in activities for Youth Mental Health shows support for all those who will, have and are dealing with a mental health issue.

Sandgate’s activities focus on being positive, supportive, and acknowledging that everyone has an odd day. Our week concludes with Odd Sock Day. All students are allowed to wear Odd Socks to school. Students who wish to participate in a fashion parade may do so at 1pm in the Piazza on Friday. We have our school Principal, Mr O’Neill as our judge!

**Activity schedule for Youth Mental Health Week in the Piazza:**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 26 October</td>
<td>1pm</td>
<td>Banner making</td>
</tr>
<tr>
<td>Wednesday 28 October</td>
<td>1pm</td>
<td>“Stress ball” making, badge making, positive affirmation bunting creation.</td>
</tr>
<tr>
<td>Friday 30 October</td>
<td>1pm</td>
<td>Odd Sock Day Fashion Parade - judged by our Principal, Mr O’Neill.</td>
</tr>
</tbody>
</table>
Go-Karting Success

Over the past semester our Automotive and Engineering students have worked harder than any Formula 1 outfit to design and build a racing Go-Kart for the annual Brisbane School Design and Build Go-Kart Competition. The student's hard work culminated at Archerfield Raceway on the Student Free Day this Term when the Go-Kart was put through its paces and raced against those from other Brisbane schools.

Despite our competitors have much larger budgets and slightly quicker karts, the superior engineering of our kart kept it on the track clocking up times. When it came to the races our students drove with clinical precision to record one first place and two second places. This was enough for Sandgate to take home the coveted Championship Trophy.

Congratulations to the racing team and all of the students who worked on the Go-Kart. The team’s success wouldn’t have been possible without the guidance of Mr. Dillon and Mr. Hickman who toiled for countless hours alongside the students. With a taste of success, the team is looking forward to building a better faster Kart for next year's competition.

Glen Hammermeister | Year 8 Year Level Coordinator

The Book Fair Is At Sandgate District SHS Soon!

Family motivation in reading activities can have a strong, positive impact on a child’s educational achievement. A Scholastic Book Fair is your school’s pop-up bookshop event where children can discover a love of books and ignite a lifelong passion for reading.

Come along to the Library after Melbourne Cup (3/11/2015 from 3-4pm) or before the Awards Night Ceremony (when we’ll be holding the final session of the Fair from 5.45pm to 6.45pm) to purchase a book. Alternatively students can visit the Book Fair during the second/lunch break from Monday 2/11 to Wednesday 4/11. Payment can be made by cash, EFT, or pre-payment online. A great range of books at good prices will be available. All purchases benefit our school.

Bruce Hoad | Teacher Librarian

Music News
Showcase Concert

On Friday October 23rd, the music ensembles created a magical evening’s entertainment.

Hop onto the school’s official Facebook page to see more pictures and videos from the night.  
https://www.facebook.com/Sandgate-DSHS-Official-Site-157656657620994/

Thank you to our parent helpers who, as usual, were fabulous!
Music Tour – Melbourne!

What a wonderful tour. 51 of our music students travelled to Melbourne and had a fabulous trip, enjoying playing music for and with other high schools, seeing the Fairy Penguins and visiting the Old Melbourne Jail.
Awards Ceremony

The Awards Night will be on Wednesday Evening, November 4th. The Stage Band, Symphonic Wind Ensemble and Choir will be performing. They are to wear their formal uniform.

Keeping in Contact

Music and the performing arts are using social media to help keep parents informed. The music email group will continue to operate as well. I believe good communication is really important to make the most of your child’s educational opportunities. If you are on Facebook or Twitter, please follow us. Go to the school web site https://sanddistshs.eq.edu.au/Pages/default.aspx – TheQSchools app is also really handy, as is getting the school newsletter electronically.
Guitar Lessons – Free!

It isn't too late to start. If you are interested in learning the guitar, a former student of the school, Spiro Mostratos, has generously offered to begin some group guitar tuition in lunch breaks. This is a great opportunity to offer our students a wider range of options and develop their skills and interests!

We have an advanced group on Wednesday’s second break, and a beginners group on Thursday’s second break.

To register your interest, see Mrs O’Shea (or email doshe5@eq.edu.au).

Debbie O’Shea | Music Teacher

Win A $200 School Uniform Voucher

For your chance to win, click on the link below to view flyer for details on how to enter.


Terresa | Wearitto - SandgateDSHS

Sports News

Sandgate DSHS v Mackay SHS

On Wednesday 21st October Sandgate hosted Mackay SHS and their Rugby League and Football teams.

Sandgate's football team from Years 7/8 played a very competitive game but just lost 2 – 1 to their Mackay counterparts. Both Sandgate and Mackay fielded teams comprised of both boys and girls and they played with great spirit throughout the game. Mackay scored first but an amazing solo run by Cejay Alexander (Yr 7) from within his own half ending in a magnificent shot from outside the area scoring Sandgate’s equaliser. A breakaway goal by Mackay gave them a 2 - 1 lead and the winner but this was not without Sandgate laying siege to the Mackay goal looking for another equalizer but they ultimately ran out of time. It was a great advert for school sport and in particular Football.

Julian Bates | Teacher

Outstanding Achievement

Softball Selection Success

Over the September school holidays, Carly Schulz was selected in the Qld Under 17 Softball team to go to Sydney in January for the National titles. Carly represented Brisbane at the Toowoomba State Championships which was for Club Softball District Associations.

This is in addition to making the Qld School Girls Softball team going to Adelaide in November.

Congratulations Carly on a wonderful achievement.
Sleep research suggests that a teenager needs between nine and 10 hours of sleep every night. This is more than the amount a child or an adult needs. Yet most adolescents only get about seven or eight hours. Many get less.

Regularly not getting enough sleep leads to chronic sleep deprivation. This can have dramatic effects on a teenager’s life, including reduced academic performance at school.

**Causes of sleep deprivation**

Some of the reasons why many teenagers regularly do not get enough sleep include:

- **Hormonal time shift** – puberty hormones shift the teenager’s body clock forward by about one or two hours, making them sleepier one to two hours later. Yet, while the teenager falls asleep later, early school starts don’t allow them to sleep in. This nightly ‘sleepdebt’ leads to chronic sleep deprivation.

- **Hectic after-school schedule** – homework, sport, part-time work and social commitments can cut into a teenager’s sleeping time.

- **Leisure activities** – the lure of stimulating entertainment such as television, the Internet and computer gaming can keep a teenager out of bed.

- **Light exposure** – light cues the brain to stay awake. In the evening, lights from televisions, mobile phones and computers can prevent adequate production of melatonin, the brain chemical (neurotransmitter) responsible for sleep.

- **Vicious circle** – insufficient sleep causes a teenager’s brain to become more active. An over-aroused brain is less able to fall asleep.

- **Social attitudes** – in Western culture, keeping active is valued more than sleep.

- **Sleep disorder** – sleep disorders, such as restless legs syndrome or sleep apnoea, can affect how much sleep a teenager gets.

**Effects of sleep deprivation**
The developing brain of a teenager needs between nine and 10 hours of sleep every night. The effects of chronic (ongoing) sleep deprivation may include:

**Concentration difficulties**

- Mentally ‘drifting off’ in class
- Shortened attention span
- Memory impairment
- Poor decision making
- Lack of enthusiasm
- Moodiness and aggression
- Depression
- Risk-taking behaviour
- Slower physical reflexes
- Clumsiness, which may result in physical injuries
- Reduced sporting performance
- Reduced academic performance
- Increased number of ‘sickdays’ from school because of tiredness
- Truancy.

**Preventing sleep deprivation – tips for parents**

Try not to argue with your teenager about bedtime. Instead, discuss the issue with them. Together, brainstorm ways to increase their nightly quota of sleep. Suggestions include:

- Allow your child to sleep in on the weekends.
- Encourage an early night every Sunday. A late night on Sunday followed by an early Monday morning will make your child drowsy for the start of the school week.
- Decide together on appropriate time limits for any stimulating activity such as homework, television or computer games. Encourage restful activities during the evening, such as reading.
- Avoid early morning appointments, classes or training sessions for your child if possible.
- Help your child to better schedule their after-school commitments to free up time for rest and sleep.
- Assess your child’s weekly schedule together and see if they are overcommitted. Help them to trim activities.
- Encourage your child to take an afternoon nap after school to help recharge their battery, if they have time.
- Work together to adjust your teenager’s body clock. You may like to consult with your doctor first.

**Preventing sleep deprivation – tips for teenagers**

The typical teenage brain wants to go to bed late and sleep late the following morning, which is usually hard to manage. You may be able to adjust your body clock but it takes time. Suggestions include:

- Choose a relaxing bedtime routine; for example, have a bath and a hot milky drink before bed.
- Avoid loud music, homework, computer games or any other activity that gets your mind racing for about an hour before bedtime.
- Keep your room dark at night. The brain’s sleep–wake cycle is largely set by light received through the eyes. Try to avoid watching television right before bed. In the morning, expose your eyes to lots of light to help wake up your brain.
- Do the same bedtime routine every night for at least four weeks to make your brain associate this routine with going to sleep.
- Start your bedtime routine a little earlier than usual (for example, 10 minutes) after four weeks. Do this for one week.
- Add an extra 10 minutes every week until you have reached your desired bedtime.
- Avoid staying up late on the weekends. Late nights will undo your hard work.
- Remember that even 30 minutes of extra sleep each night on a regular basis makes a big difference. However, it may take about six weeks of getting extra sleep before you feel the benefits.

**Other issues to consider**

If lack of sleep is still a problem despite your best efforts, suggestions include:
• Assess your sleep hygiene. For example, factors that may be interfering with your quality of sleep include a noisy bedroom, a lumpy mattress or the habit of lying awake and worrying.
• Consider learning a relaxation technique to help you wind down in readiness for sleep.
• Avoid having any food or drink that contains caffeine after dinnertime. This includes coffee, tea, coke and chocolate.
• Avoid recreational drugs (including alcohol, tobacco and cannabis) as they can cause you to have broken and poor quality sleep.
• See your doctor if self-help techniques don’t increase your nightly sleep quota.

For any further information please contact: Mandy Trempus | School-based 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 student’s name, year level, reason for absence, dates absent and your relationship to the student.

Community Notices

Queensland Touch Football Contact Information
Hospitality Course for School Leavers
Certificate III in Hospitality
SIT30713

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Study with us, travel and find work in a hotel, bar or restaurant, coffee shop or beach stall...

- Make the perfect coffee and operate a bar, RSA, food handling and more
- 6 week duration plus work placement available

Unit Listing

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>SITKH001</td>
<td>Source and use information on the hospitality industry</td>
</tr>
<tr>
<td>SITWR001B</td>
<td>Work effectively with others</td>
</tr>
<tr>
<td>SITHCO31</td>
<td>Work effectively in hospitality service (36 shifts)</td>
</tr>
<tr>
<td>SITHC203</td>
<td>Provide service to customers</td>
</tr>
<tr>
<td>SITHC001</td>
<td>Show social and cultural sensitivity</td>
</tr>
<tr>
<td>SITHRS01</td>
<td>Coach others in job skills</td>
</tr>
<tr>
<td>SITHAW101</td>
<td>Use hygienic practices for food safety</td>
</tr>
<tr>
<td>SITHFA202</td>
<td>Participate in safe food handling practices</td>
</tr>
<tr>
<td>SITHRP1</td>
<td>Clean kitchen premises and equipment</td>
</tr>
<tr>
<td>SITHFA301</td>
<td>Provide responsible service of alcoholic beverages</td>
</tr>
<tr>
<td>SITHFA101</td>
<td>Clean and tidy bar areas</td>
</tr>
<tr>
<td>SITHFA202</td>
<td>Operate a bar</td>
</tr>
<tr>
<td>SITHFA204</td>
<td>Prepare and serve espresso coffee</td>
</tr>
<tr>
<td>SITHFA101A</td>
<td>Prepare and serve alcoholic beverages</td>
</tr>
</tbody>
</table>

Course Details

This course is designed to equip food & beverage and front desk workers with the skills and knowledge to survive and thrive in a customer focussed, fast-paced environment. It is a pathway to recognition skills or gain entry into the industry.

Course Delivery
This course is delivered via face-to-face classroom training, practical based scenarios over 30 days + 36 industry shifts.

Locations
Brisbane | Cairns | Townsville

Fees & Government Funding
This course is delivered with Certificate 3 Guarantee funding by the Queensland Government. Course fees depend on your circumstances.

Contact Tree of Knowledge Training
Phone 1300 823 669 | Email skills@tokt.com.au | Web www.tokt.com.au

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