



enewsletter

EXPANDING HORIZONS



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Goodbye To 2015

A message from the Acting Principal...



As this is our final newsletter for 2015, I would like to publicly thank our staff for their efforts each and every day to in assisting our students. Teaching is a greatly rewarding career but one that offers significant challenges and I believe our teachers do a wonderful job with a diverse range of students. The efforts of our non-teaching staff to ensure that the school functions smoothly should also be acknowledged. I have thoroughly enjoyed my time acting as Principal and look forward to welcoming Jeanette Gentle back at the beginning of next year.

First Days 2016 and Uniform Expectations

In 2016 we will commence with full school parades with students wearing our formal uniform. Our Year 7 students will commence on Wednesday 27 January in their formal uniform and Years 8 to 12 will commence in Thursday 28 January in their formal uniforms. Parents and students are reminded that our formal uniform includes black, leather, lace-up shoes.

When purchasing sports shoes please assist us by ensuring that they are predominately

black or predominately white and have matching laces. In 2016, the only hat permitted to be worn by Sandgate students is our official school hat. We thank parents for their assistance in ensuring students meet our uniform expectations.

Resource Scheme and Laptops

It is requested that all Student Resource Scheme fees are paid by Friday 5 February. Students in Year 10, 11 and 12 are required to have a laptop to be work ready. The earlier payments are made; the sooner students will be able to fully engage in our digital curriculum. Year 10 student have the option of joining our laptop scheme or bringing their own device. Please contact the cash collection office to organise payments or to set up a payment plan.

End of Year Events

Year 11 Semi-Formal

Last Friday night saw our Year 11 finish their school year with a Semi-Formal at the Aspley Hornets AFL Club. It was a very glamorous affair with the evening featuring "A Night in Paris" as its theme. The entire organisation for the event was expertly completed by our 2016 student leaders. We look forward to welcoming the students back next year for their all-important final year at SandgateDSHS.

Junior Secondary Graduation for Year Nine Students

I had the pleasure of attending the Junior Secondary Graduation last Tuesday. It was a

very pleasant ceremony and marks the transition for students into the Senior School. The students will return after the holidays as senior school students wearing their ties and carrying their laptops to every lesson.

Year Six Orientation Day

Last Friday we welcomed Year Six students from 35 different primary schools into the school for Orientation Day. Judging from the energy and enthusiasm of the students 2016 will be a fantastic year.

Change of Date – Gateway Upgrade North

Please note that the Gateway Upgrade North Community Meeting will be held in the Resource Centre on Wednesday 9 December from 6.30pm.

What's On

7 December 2015 - 29 January 2016

Term 4		Semester 2
Week 10		
7 - 11 Dec	Australian Volleyball Schools Cup	
7 - 11 Dec	Learning is Fun week	
School holidays 13 December 2015 - 24 January 2016		
Monday 25 January - Student Free Day - No School		
Term 1		Se
mester 1		
Week 1		
Mon 25 Jan	Student Free Day NO SCHOOL	
Tue 26 Jan	Australia Day Holiday No	

	School
Wed 27 Jan	Year 7 and School Leaders (Yr 12) return to school
Thu 28 Jan	Whole school return

**Have a Safe and Happy
Christmas
from all the Staff at
Sandgate District State
High School**

Parents And Citizens Meetings

P&C MEETINGS - THIRD WEDNESDAY OF EACH MONTH - 6.30pm - SCHOOL LIBRARY - ALL WELCOME! (Next Meeting 17 February 2016)
Created by--Type who the quote is credited to

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

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

Junior Secondary Graduation

On Tuesday morning December 1, our Year 9 students enjoyed a presentation ceremony and graduation cake with their teachers and families to celebrate the completion of their Junior Secondary Education at SDSHS.

2015 Year 12 Graduating Student - Jasper Childs presented an inspirational speech to the students. Students thanked Mr Anderson for his wonderful support over the last two years. Year 9 student, Melissa Park received the "Anderson Award" for being an outstanding member of our school community and an excellent role model. Morgan Telcher received the Award for "Most Improved Attendance" and Ryan Hogan received the Award for "Most Improved Attitude and Behaviour".

Congratulations to all 2015 Year 9 students, we wish you all every success as you enter Senior School in 2016.

Shane Kiss | Acting Deputy Principal | Junior Secondary

Immunisation Catch-ups

Brisbane City Council After Hours Immunisation Clinic

Brisbane City Council are providing an opportunity for students in year 8 and 9 who may have missed their vaccinations, to catch up at one of our after hours clinics.

Year 8 and year 9 students are eligible to receive the following vaccines:

Human Papilloma Virus (HPV)

Chickenpox

Boostrix(Diphtheria/Tetanus/Whooping Cough)

Details are as follows:

Where:

Chermside Library (North Business Regional Centre, 960 Gympie Road, Chermside (opposite Westfield Shopping Centre).

Date:

3 December 2015

Time:

5pm -8pm

Parents are advised to bring along any vaccination records their child may have to assist the nurses.

Should you have any further questions, please feel free to contact Brisbane City Council Immunisation Services on 07) 3403 8888

From The Youth Support Coordinator

Just to quickly address anyone who is looking for a part-time/casual job to fit around schooling, or parents of job hunting students – I would like to inform you of the "Job Board".

Currently, there are over 30 jobs advertised (they are filtered by myself to ensure they are suitable for school students and fit around school times) and this board is updated every Tuesday. This is located in the corridor between the entry to the admin building and the tuckshop. Additionally, I would like to offer my services to help students apply for a TFN, write a resume, write a cover letter, or prepare for a job interview (I am located in room A125).

Jasmine Starr | Youth Support Coordinator

School Uniform News

Holiday Trading Hours

This week is your last chance to purchase uniforms before we close for the holidays - opening hours are Monday, Wednesday and Friday mornings 8am - 10am as well as Tuesday and Thursday afternoon 1pm - 3.30pm

We will recommence operation on the week beginning Tuesday 19 January 2016 to Friday 22 January from 9am - 3pm.

Have a safe and enjoyable holiday!

Terresa Russell | Wearitto - SandgateDSHS

Year 11 Social Justice Committee Term 4 Project

This term Sandgate DSHS has been raising money as well as collecting food items for the Sandgate Uniting Church Christmas Hampers. All of the food collected will be distributed to those in need in the hope that they have a great Christmas.

Everyone should be so very proud of their efforts and happy that as a school we have been able to help individuals within our very own community. A big thank you to Reverend Anne Hulbert and the Sandgate Uniting Church for assisting Sandgate DSHS in distributing our collected food items to families in need.

We look forward to working with the school again next year, raising more money for other worthy causes. We hope everyone has a safe and happy holiday and thank everyone for their support this year!

Anneka Melloy (Social Justice Captain), Ms. Fong and the Social Justice Committee

Final collection of donated food items being handed over to Rev Anne Hulbert from the Sandgate Uniting Church.

L – R: Mr. O'Neill, Tasma Smith, Joshua Davies, Rev. Anne Hulbert, Anneka Melloy, Ruby Middleton, Andy Pickard and Patricia Fong

Languages News

Congratulations!

2015 sees Kira Hammond to be the recipient of a scholarship. Her application and diligent work in German this year has paid off. She will be attending the Institute of Modern Languages Summer High School Program. This program is run by the University of Queensland during the summer holidays. The course will be taught by native speakers with a focus on enhancing fluency and accuracy of expression.

Thank you to the Modern Language Teacher Association for making the scholarship available and thank you to Kira for taking up the challenge to participate in a holiday program to further her education in German.

Ms Phillips | German/English Teacher

Frohe Weihnachten!

“Frohe Weihnachten” are the words that will be uttered shortly throughout Germany...and that is exactly what we did in our last year 9 German lesson for the year.

“Weihnachtsparty” was the last topic of the year.

The wonderful students of year 9 German planned a party German style. We made decorations, decorated the room, played many “Weihnachtsspiele” Christmas games, planned “Weihnachtslieder” Christmas songs, we “wichtelt” did a Secret Santa and laughed a lot.

Can you believe that German has one word for ‘doing Secret Santa’ (wichten) and it is a verb. I often can be heard saying that in German there is a verb for every occasion. And on that note from the German Department; I wish you all a

Frohe Weihnachten and guten Rutsch ins neue Jahr!

(Merry Christmas and a happy New Year)
Literal translation: Happy Christmas and a good slide into the New Year.



Music News



As the 2015 school year comes to a close, we would like to send out a very sincere ‘Thank You’ to all the wonderful music parents who have supported the program this year. On behalf of the staff in the music department, I want to wish you and your family a very happy and safe Christmas.

See you for a really exciting 2016!

Debbie O'Shea | Music Teacher

School-based Youth Health Nurse



Hello To You All,

I would like to convey my best wishes for a safe and happy holiday period and a wonderful Christmas break.



Before we finish up here for the year, I feel I need to make sure everyone knows how to access support if they need to over the holiday period.

The Christmas holiday period can be a difficult time for some people, some families and someone close to us so please take the time to read through some handy tips to ensure you have a relaxing and enjoyable break.

Take care of yourselves and each other. See you in 2016.

Tips to stress less this Christmas Season



The Christmas season is meant to be a time of joy, but for many people it can be a time of stress, anxiety, disappointment or loneliness. Christmas comes with high expectations of perfect, happy families enjoying luxurious celebrations and gifts, but not all of us are able to live up to these ideals. For those who have recently lost a loved one, Christmas can intensify feelings of grief and sadness. Some people experience feelings of isolation, financial pressures or increased family conflict that can make this a very stressful time of year.

However, there are some steps you can take to help manage stress and anxiety during the festive period.

Taking care of money worries

Is the festive season a burden on your wallet? Here are some tips for managing your Christmas finances and reducing your silly season stress:

- **Identify what's causing you financial stress.** Buying gifts and attending social get togethers can be expensive. Plan ways to reduce spending. For example, you could suggest to your family and friends that you only buy gifts for the kids, or organise a 'Secret Santa' among the adults. Set a budget and stick to it.
- **Find low cost ways to have fun.** Don't let money cut you off from your family and friends. If you can't afford expensive restaurant meals or cocktail catch-ups, organise a BBQ in the park or a party at home where everyone brings a plate of food.



Dealing with family tension

Just because you're related doesn't mean your family members will all get along. Split families and unresolved conflicts may contribute to Christmas anxiety. Family and relationship problems can be a trigger for anxiety.

Here are some ideas for getting through:

- **Set realistic expectations.** Christmas might not be the fabulous family reunion you hoped for. Plan how you will manage any feelings of anxiety or depression that may arise.
- **Put the kids first.** If you have children, consider putting aside ongoing adult conflicts in their interest. Think about Christmas as a day for the kids and focus on enabling their happiness.
- **Drink in moderation.** It may be tempting to drink too much during the festive period, but alcohol can contribute to stress, anxiety and depression. Alcohol may be a problem if you're drinking to cope.

- **Avoid known triggers.** If your family has a history of arguing over a certain topic, don't bring it up.

Managing loneliness

There are ways to overcome loneliness if you find yourself isolated or grieving a loved one over the Christmas period.

- **Connect with friends and family.** Even if you're separated by distance, you can stay in touch with loved ones online or by phone.
- **Volunteer.** Why not lend a hand to a local shelter over Christmas? There are lots of charities who need help. You'll connect with people and feel good about making a positive contribution.
- **Attend community events.** Find out what's on locally and get involved. Whether it's Christmas carols or local markets, getting out and about can help relieve loneliness.
- **Make plans for Christmas Day.** Develop a plan in advance to avoid feeling depressed or stressed on the day. Perhaps make yourself a special breakfast, buy yourself a gift in advance so that you can enjoy on the day, attend a local church service or take a stroll through the local park where you can watch families enjoying their Christmas presents.

Stay healthy to avoid Christmas anxiety

Recognising and changing behaviours that contribute to your stress will help you get through the Christmas period. **Remember to stay healthy** - eating well, exercising and getting enough sleep can help you cope with Christmas stress

If holiday season stress is getting too much for you and you need support call:

- Beyond Blue: 1300 22 4636, or
- Lifeline: 13 11 14 (free call from mobile phones) to talk things through.
- If you or someone you know, is at risk of hurting themselves or someone else, call triple zero (000) immediately.

Mandy Trempus | School-based Youth Health Nurse

The Medieval Fair

As a culmination to our History unit, all Year 8 ladies and gentle folk were welcomed to all the good people of the Sands Gate Manor and village! This was Grand Fair Day and we had many things on show here in our communal square and market place. There were great entertainments, displays of courage and skill, games to play and foods on which to feast!

Year 11 Semi-formal

On Friday 27 November, our year 11 Semi-Formal was held at the Aspley Hornets.

Students celebrated the end of year 11 in great fashion with our 2016 senior leaders taking on the role of MC. The theme was 'A Parisian Night' and given the recent events in Paris, a gold donation was asked of students. Students raised \$81 which was donated to the victims of the attack.

The students looked wonderful, the atmosphere was superb and a great night was had by all.

Ms Patricia Fong | Acting HOD Strategic Priorities
From The Chappy...

Sandgate District Chaplaincy Newsletter for December 2015

Completing 10 years of service as SU Old Chaplain has been a real privilege. 3 High Schools (Sunshine 2 years, Nyanda 8 years & Sandgate 3 years). It's now time for me to take long service leave, return to Uni and become a teacher. Thanks again for everything.

Thanks for 10 years of support

WELCOME NYANDA

10th Picnic Sandgate High Chaplaincy 2015-16
 All Dates 15-16/17
 Phone: 07 289 1858
 Fax: 07 289 1858
 Email: 1014@su.org.au

Ways to support the Sandgate High State School Chaplaincy Service...

1. Volunteer your time in one of the chaplaincy programs.
2. Pay for students, staff, whole school community and Local Chaplaincy committee (LCCC).
3. Financially give to Sandgate chaplaincy and the many programs chaplaincy runs.
4. Join the LCC teams, Meets Wednesday's every 8 weeks

Sandgate High State School Chaplaincy NEWSLETTER December 2015

Term 4 Highlights Included...

Some of the other highlights include:

- Yr 8 Leaders training day
- Year 7 Primary School, Gr 6 Students
- Yr 12 Drama and Gr 10 Students
- Yr 12 Drama and Gr 10 Students
- Red Frog School Presentation on 12/12/15
- Gr 6 Students and Gr 10 Students
- Common Baptist Christmas Manager with
- Chaplain Benefits from Programs from
- Supporting families with foodbank from
- Self care
- Senior Health Week activities - Old School
- Yr 11 Food donation to Sandgate Dining
- Yr 12 and Post Pans

Thanks to all three Local Churches that volunteer & support Chappy's Newsletter.

2015 year in review.

Term 4 2015

Term 4 is always a busy time. Graduations, formal and programs finishing for another year.

People say a picture tells a thousand words. Below is my favourite picture for term 4.

Meeting and working weekly with a yr 7 boy who is a wonderful, well behaved academic but lacks any substantial male figure in his life.

Building a model aeroplane was fun and a privilege to be a positive male role model in his life.

Please continue to pray that Chaplaincy at our school will be a 4 day a week service during 2016 under the new Chaplain.

Great Holiday Book Swap

READING OPENS DOORS

THE ILF GREAT holiday BOOK SWAP

Thursday, December 17 from 10.30 am Knowledge Walk State Library of Queensland

Bring along a gold coin and a book to swap or buy a book! Your donations help raise funds for ILF literacy projects in remote Indigenous communities

INDIGENOUS LITERACY FOUNDATION

THE CHILDREN'S BOOK COUNCIL OF AUSTRALIA

indigenouliteracyfoundation.org.au

Australian Bookellers Association asa Australian Publishers Association

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.

Community Notices

Tennis Sign On Day

Sandgate Tennis Sign On / Open Day

30th January 2016
3 - 7pm

Free Court Hire, Entertainment, Prizes, Coaching Demonstrations, Sausage Sizzle.

First 20 children to sign up & pay term fees receive a free Hot Shots racquet.

Harmony Day 2016

save THE DATE!
HARMONY DAY
21 MARCH 2016

Event registrations open in early January. For updates and resources to help your class celebrate Australia's cultural diversity go to: harmony.gov.au

EVERYONE BELONGS
harmony.gov.au

Homework Solutions

HOMWORK SOLUTIONS

Begin 2016 feeling confident

BACK TO SCHOOL COURSES (14-25 JAN)

2 hr Sessions \$80

Foundations for Yr 12 Math B

An introduction to Yr 11 Math B

An introduction to Yr 11 Chemistry

An introduction to Yr 11 Physics

An introduction to Yr 11 Math C

Feeling good about starting Yr 7 Math (Including fractions, decimals & Algebra)

Feeling good about starting Yr 8 Math (Including fractions, decimals & Algebra)

Term weekly bookings from \$50/hr

Contact Greg & Mary Micallef

Ph 0429692477

Email micgreg@bigpond.net.au

Friendly, small business located in Sandgate, operated by registered teachers. Offering individualised tutoring aimed at improving academic performance, Building confidence and developing successful time management skills.

Free Dental Check-up

Metro North Health and Health Services
 Oral Health Services

Child & Adolescent Oral Health
 Level 2, Gavelton Building
 Royal Brisbane & Women's Hospital

Dear Parents and caregivers,

Has your child had a free healthy mouth check-up this year?

Metro North Oral Health Services is committed to improving the oral health of our children. If your child is starting school in 2016, or is finishing school at the end of 2015 please contact our friendly staff to book your child's free check-up.

Our dental clinics are open over the school holidays so call to arrange a free dental appointment today.

Simply call 1300 300 850 to arrange a free dental appointment at a location near you (see our list over the page).

Who is eligible for free dental care?

- All children age 4 through to grade 10
- 2-17 year olds who are eligible for the Child Dental Benefits Schedule
- Children (or their parents) who hold a current:
 - Centrelink Card
 - Health Care Card
 - Pension Concession Card
 - Seniors card

1. Time for a dental checkup

2. Telephone 1300 300 850

3. Attend the appointment with your child

Intensive Swimming Lessons for swimmers with and without and intellectual disability





Stafford Unified SWIM SCHOOL SUMMER SWIM INTENSIVES

Learn fundamental swim skills and provide safe exposure to water regardless of your child's skill level. Build trust and develop skill in a safe and fun learning environment!

- | | | |
|--|---|--|
| Baby / Toddler <ul style="list-style-type: none">• 6 per class• Adult must swim• 18 months & over | Learn to Swim <ul style="list-style-type: none">• IM Program• Learn to Swim• Stroke Correction | Squad Training <ul style="list-style-type: none">• Mini Squad• Junior Squad• Senior Squad |
|--|---|--|

TWO weeks of DAILY LESSONS!
Monday - Friday
11 - 15 January & 18 - 22 January 2016

*Baby / Toddler classes only run Monday, Wednesday & Friday

Stafford Unified Swim School

Pool location varies between the following facilities:

Pool Location: Stafford State School - Bakery Street, Stafford (see Member & Parents Portal)

E: swim@staffordunifiedswimschool.com.au
M: (0418) 985 599 (local) / (0420) 5761 (toll-free)



REGISTER TODAY!