25 July 2014

PRINCIPAL’S REPORT

Dear Parents and Caregivers,

Welcome to Term 3. This term has started off with us seeing the arrival of 28 International students and also welcoming back Fujidiera High School from Japan with 11 students and 2 teachers. Our International students will be with us for a term, semester or year and the Japanese students are with us for two weeks. We know through visits like these that we all become richer and our world becomes smaller, as students make life long connections. An enormous thank you to our host families for hosting these students, we would not be able to participate in these programs without you.

This week we have engaged with our school community by seeking feedback through the online School Opinion Survey which is provided to all staff, 60 year 8 students and 60 year 11 students and for the first time, a survey was provided to all families (in previous years it was provided to 40 families). Could I please encourage you to complete the survey? This is a great opportunity to have your say about what our school does well and how our school can improve.

The Queensland Schools Planning Commission released their final report which shows school age population projections and where schools may be built or expanded over 20 years. It is fascinating reading with some of the statistics included below. It is an exciting time to be living on the Sunshine Coast.

In 2015, we are reorganising our uniform with Year 7, 8 and 10 students wearing the formal uniform (now being called “Everyday” uniform) every day except for one day a week (sport days). Year 11, 12 and 9 students will continue to wear the sports uniform every day, but may elect to wear the Everyday uniform if they choose.

Structure of the Day for 2015

In 2015, we are changing the times of our day with lessons being 70 minutes duration with only 4 lessons a day (Year 11 and 12 have 5 lessons on Tuesday, Thursday and Friday). Our alternative pathways day on a Wednesday for our Seniors (Year 11 and 12) will remain in place. This day enables them to pursue pathways to employment or further education and training, and as such these students will not have timetabled lessons on this day.
Over the school holidays, two of our H block rooms were refurbished in readiness for Year 7 in 2015. As H Block will be the Year 7 block, we will be refurbishing the entire building for next year. We will continue to use them as the classrooms for the remainder of the year. The area between C and D blocks is being landscaped to provide more seating and reduce the erosion that has been causing problems for the school.

Our new Regional Director (Tracy Corsbie) visited the school this week and was very impressed with the results that the school is showing with increasing improvements in all areas. Our attendance rate reached 90.5% at the end of semester which in turn shows that our students were in school learning and therefore achieving. Could I remind Parents that taking your children out of school for a holiday is not an approved absence, although it is an explained absence. Absences over 10 days requires parents to apply for an exemption, regardless of the reason. If it is a holiday, the exemption will be denied. We want our children in school as ‘Everyday Counts’. Below is a snapshot of Semester One results:

At the end of last term, we conducted a school wide Discipline Audit. This audit reviews practices and processes that the school uses to manage poor behaviour and encourage positive behaviour. I am very pleased to be able to announce that we scored either High or Outstanding in all categories. A copy of the audit report and additional strategies that we will implement will be available on our website later in the term.

This term we welcome to our school our newest Head of Department - HPE, Mr Toby Poole. Mr Poole comes to us from Sarina State High School where he was HPE Head of Department and replaces Mr Brunyius who has retired. We are sure that Mr Poole will enjoy working in our wonderful school.

Thank you to the Parents and Caregivers who attended our Parent Teacher evening on Thursday night. It is only through partnerships that our children can truly do their best. Speaking to your child’s teacher is one way to enhance our partnership and support your child in their learning. It was wonderful to see the roll up on the night. If you were unable to attend, please contact the school to arrange a meeting with your child’s teacher.

Today was our Inter house Athletics Day. As always house spirit was high and students enjoyed the day enormously. Thank you to the staff who undertook many hours of training and judging the events before the carnival and the packing up after the event. Thank you also to the parents who attended on the day to support and cheer on their children. It was a wonderful day.

I would like to thank you for your support last semester and I look forward to working with you this semester. Please feel free to make contact with me anytime.

Regards

Ms Julie Pozzoli
Principal

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<th>Diary Date Claimers</th>
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<td><strong>JULY</strong></td>
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This means that 84% of our students received an A-C result, 94% of our children showed acceptable behaviour in class and 87% are trying in class to do their best – impressive results!
### August

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<tr>
<th>Date</th>
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<tr>
<td>Thursday 7</td>
<td>Australian Maths Competition&lt;br&gt;Girls AFL Carnival&lt;br&gt;Year 12 Marine Studies Heron Island Camp (Thursday 7 to Monday 11)</td>
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<td>Monday 11</td>
<td>P&amp;C Meeting (6.00pm – A Block Conference Room)&lt;br&gt;Central District Athletics</td>
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<td>Tuesday 12</td>
<td>Junior Secondary School Formal Parade – Parents welcome to attend</td>
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<td>Wednesday 13</td>
<td>Golden Beach State School Transition Day&lt;br&gt;Year 11 Marine Boating Assessment&lt;br&gt;Year 12 Workplace Practices / Volunteering Work Placements</td>
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<td>Thursday 14</td>
<td>Year 7/8 2015 Scholarship Ceremony (3.30pm)&lt;br&gt;Year 12 Biology Currimundi Lake Excursion 2</td>
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<td>Monday 18 to Friday 22</td>
<td>Book Week</td>
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<td>Tuesday 19</td>
<td>Subject Selection Night</td>
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<td>Wednesday 20</td>
<td>Caloundra State School Transition Day&lt;br&gt;Readers Cup Competition</td>
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<td>Monday 25 to Wednesday 27</td>
<td>Year 10 SETPlan Interviews</td>
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<td>Friday 29</td>
<td>Year 7 and 8 2015 Enrolment Forms due in</td>
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### Whole School News

**Bring Your Own Device (BYOD) - Parent Input**

We have created a parent survey and would appreciate your input into our planning for 2015. Using this link https://www.surveymonkey.com/s/CSHSParentBYOD you can electronically complete a survey to keep us informed as to what our parent community would like to see in regard to the use of Information & Communication Technologies (ICTs) at Caloundra State High School.

Alternatively, you can download the survey sheet below and return it to the school office, attention to Mrs Virginia Schaschke, HoD Technology or email to: technology@caloundrashs.eq.edu.au. Should you require further information please contact Mrs Schaschke on 5436 8444.

### Casual Cleaners Wanted

The school is currently looking for casual cleaners. If you or anyone you know is interested, please forward a brief resume detailing experience to Ms Robyn Hicks at rhick32@eq.edu.au or phone 07-5436 8444 for further information.

### Drama Info

**Caloundra Acting Troupe**

This year the Arts Faculty have introduced a new drama troupe known as the Caloundra Acting Troupe (CAT). CAT has replaced the Junior Performance Excellence Program (PEP) and now consists of students in Years 8, 9 and 10. Students who have signed up to be a part of the troupe meet every Friday morning from 8.10am – 9.00am in P block. CAT will be rehearsing short skits and scenes which will be performed at this year’s Arts Evening at Lake Kawana on the October 25. Students in Year 10 have also been given the opportunity to direct short scenes under the supervision of CAT coordinator Mrs Broad. Thank you to all the parents who have been supporting this new endeavour for the Arts Faculty.

### Senior PEP

Last term, students from Years 10, 11 and 12 auditioned for a place within the 2014 Senior Performance Excellence Program (PEP). Drama captains Scarlet, Brodie and Sarah, along with Senior PEP coordinator Mrs Broad put the drama students through their paces with an audition that involved rehearsing and presenting a monologue written by Scarlet. It was an extremely difficult audition resulting in 12 successful students joining the 2014 Senior PEP group. This year PEP will be performing a series of short plays at the Arts Evening in Term 4.

PEP runs on Friday afternoons in P Block from 3.15pm to 4.15pm – hours will be extended as we progress closer to performance.

### Drama Camp

The 2014 Caloundra State High School Drama camp was held on Friday June 13 to Saturday June 14 at Alex Park. Students from Years 8 to 12 engaged in workshops conducted by external drama artists from Brisbane focusing on improvisation, Brecht and Commedia Dell ‘Arte. All students put in 100%, were fantastic in taking risks and positively represented Caloundra High. On Friday night students performed in a three hour extended improvisation where they took on the roles of Super heroes, Villains, Damsels in distress, Retiree’s and sidekicks. Drama Captains Scarlet, Brodie and Sarah successfully led workshops in Theatre sports, Melodrama and Physical Theatre. All students enjoyed the drama experience thoroughly.
Caloundra High now has its own Facebook page. Click [Caloundra State High School Facebook](https://www.facebook.com) to take you directly to the page. The Facebook page will look like the photo above. This site will be updated regularly with important news and upcoming events.

**Greg Singh Bursary**

Current or past Golden Beach State School students, who are disadvantaged by having a disability or a parent with a disability, are invited to apply for the next bursary from the Greg Singh Bursary Association Inc. The Greg Singh Bursary Association Inc. (GSBA) was established in 2011 and a bursary in the form of financial assistance is provided for students who are under 18 years of age.

The next round of applications close on **Thursday July 31** and must be signed by the Principal of Golden Beach State School or the student’s current school principal.

Full details of the application process are available online at [http://gregsinghbursary.com.au](http://gregsinghbursary.com.au) or ring 5492 1587.

**GREG SINGH BURSARY ASSOCIATION INC.**

PO Box 460, Caloundra QLD 4551

**Mathletics**

Students at Caloundra High now have 24 hour access to the Online Maths Program Mathletics. This program allows students to practise the work covered in class with tutorial support. Students can work ahead or consolidate work already covered. They can compete against students their own age from all around the world in mental arithmetic.

The program works to establish a student’s ability level by analysing their success rate with particular levels of difficulty. The program adjusts its questions accordingly so that the student is constantly working at their ability level. As a student becomes successful with a level of difficulty, the program adjusts again to slowly increase the difficulty level.

All students love being able to compete against students in the 60 second races. They can compete against their classmates, others in the school or internationally. This aspect of the program itself is very successful in developing a student’s mental ability to do everyday mental Mathematics.

It is important to remember that each student can access the program 24 hours a day, so parents can use Mathletics as a resource when your child says “I have no homework”. All teachers are now using this program with their students so all students, particularly in Junior Secondary, should be very familiar with Mathletics.

If you have any questions regarding Mathletics, please contact either your child’s Maths teacher or myself.

**Brett White**

**Head of Department – Mathematics**

**Year 6, 7 and 8 Talented Maths Day**

On the June 17 our Resource Centre was Maths Central for the whole day, with teams of students (all up a total of 18 teams) from Caloundra State School, Golden Beach State School, Currimundi State School, Talara Primary College and Caloundra State High.

The first event of the day was an engineering challenge where students worked in teams of five to construct a roller coaster out of straws to keep a marble moving for the longest period of time. This produced many approaches to solve the problem and great team work.

The second event was a variety of maths challenges spread over four rounds, with students working individually, in pairs and also in groups.

The third and final round was number pattern recognition in a head to head format, team vs team.

Many thanks go to our sponsors for the day, the Caloundra Aquatic Centre for suppling 15 free passes, Underwater World for a free Family Pass and Australia Zoo for a free Family Pass and signed poster. All students who competed on the day went into a draw to win a major prize.
Parent Workshop
Understanding the Adolescent Workshop

MERIDIAN STATE COLLEGE
JUNIOR SECONDARY SCHOOL
presents
“Understanding the Adolescent Journey”
Module 1
“Us Getting Them”

This workshop is designed to provide parents and carers with information about how to support students to be successful at school during their teenage years and understanding where our adolescent is coming from.

Presenter: Andrew Zanous.
Venue: Meridian State College Rainforest Retreat.
Date: Wednesday 30 July 2014.
Time: 7:00pm – 9:00pm.
Cost: Free.
Audience: All parents and carers of teenage or pre teenage children.
RSVP: helmer1@as.edu.au (Lorraine Lehmann)

Big of Presenter Andrew Zanous

Andrew is an authorised Mental Health Practitioner, an Accredited Clinical Therapist and a Trained Supervisor who has practiced in a multitude of clinical settings including inpatient units, Community Health, Facilities and Mental Health. He possesses a career that spans 30 years, he has 24 working with children and their families both within the Public Health arena at the Sunshine Coast Child and Youth Mental Health Team and in private practice for both Tribal Consultancy and Dr. Andrew specialises in the delivery of psychological and psychiatric interventions and offers multiple therapeutic modalities including Cognitive Behavioural, Dialectical, Narrative, Attachment (Links of Security), Mindfulness and Solution Focused Brief Therapy to name but a few. As a father of seven children including three siblings he believes he is in a solid position to talk about the challenges of raising children and teenagers in this generation.

Resource Centre News

“Connect to Reading”

This term in our Resource Centre we have a number of events and activities planned:

1. “Funky Free Fridays” in the Library with music and relaxed rules, students can relax with board and computer games and of course, great new titles to read. There may even be hot chocolates and healthy muffins, either each Friday or alternatively during book week (Week 6) for students to purchase. Details to be advised.

2. Book Week (August 18 to 22). A number of displays, activities and competitions are organised for this exciting week where we focus on reading. On Wednesday August 20, we will be hosting an in-school Reader’s Cup competition with Year 8 students competing in teams against teacher teams. We use the day to promote reading and showcase our hospitality students as they cater for the day.

3. We are hoping to have two guest speakers during the term to focus our boys in particular on reading. We may have a surprise judge/competitor on the teacher team for Wednesday (20 August).

4. A national Reading Hour is scheduled for Tuesday August 19; however, this is our Subject Selection Evening. We are hoping to select a one hour time slot sometime during that week where the whole school reads at one time in recognition of the Reading Hour. A great school initiative to promote and encourage reading. Students will be informed once the time slot has been decided.

5. Indigenous Literacy Day (September 3) - Tia Paehua, our school indigenous aide will be involved in storytelling in the Resource Centre and she is contacting indigenous leaders in our community to also come along for storytelling.

6. One of our Year 9 students, Bill, has connections to an author and our School has recently purchased Bruce Honeywill’s book, “Insurrection”. Hopefully Bill can persuade his grandfather to visit our school this term and speak about his book.

7. Book Swap Lunch Hours (September 17, 18 and 19) - we are looking at book swap lunch hours where students can bring in unwanted books and we will swap with other students’ books and the books that have been culled from our collection. This will occur in the last week of the term.

8. A great new series has been suggested for our collection, “The Last Thirteen” by James Phelan.

9. Popular reads this term has been the “Divergent” series and of course, “A Fault in our Stars”.

School Wide Positive Behaviour Support

Rewarding students is an integral part of the School Wide Positive Behaviour Support (SWPBS) system at Caloundra State High School. It aims to identify and reward students who have not only achieved high, but have made significant improvements in regard to any aspect of their schooling at Caloundra State High School. This enables us to build effective environments in which positive behaviour is more effective than problem behavior so that our students’ academic and social success is maximised.

Students can be rewarded by receiving reward tickets as part of our daily feedback from teachers and staff about behaviour. This reinforces, the three key behavioural expectations at Caloundra State High school ‘Responsible, Respectful and Prepared’. Postcards and positive letters home to parents from teachers, Heads of Department, Line Managers, Deputies and Principal are also part of our reward system.

Caloundra State High School SWPBS
REWARD TICKET

Name: ............................ Year: ...........
Home Group: ................. Tick Category: 
• RESPECT • RESPONSIBLE • PREPARED
Teacher’s signature: .................. Code: ........

* Please keep in your box on assemblies or give to relevant Year Co-ord.

Yr 7: GEORGI YR 8: BATMI YR 9: FINCMU YR 10: FULLH YR 11: MACKLE
Uniform Donations Needed

The school is in great need of secondhand uniforms. If there are any families or anyone you know who have uniforms that they no longer have a use for, please ask them to consider donating to the school. All items can be dropped into the Administration office between 8.00am and 4.00pm.

**JUNIOR SECONDARY NEWS**

**Junior English**

The Term 3 Junior English Program has been revitalised with our teachers updating our unit plans. Both Year 8 and Year 9 English will be embarking on novel study units this term. Whilst most of the reading will be completed in class, all students will have a range of homework to complete in response including: chapter questions, character maps, vocabulary activities and plot summaries.

If you have any questions, please contact Jen Williams (Junior English HOD) at jwill758@eq.edu.au.

**Unify Project**

This year, the North Coast Region has facilitated a program, provided by the Brisbane School of Distance Education to give our Year 8 and Year 9 Gems and Horizons students an opportunity to participate in Critical Thinking workshops.

This term, we are offering Creative Writing Workshops at 8.00am on Friday mornings in the Resource Centre. This opportunity is offered to our Gems and Horizons students. There is no cost to participate as this is paid for by the region. Consequently, places are limited and students must attend all mornings unless otherwise arranged. Students who have nominated have received a note; however there are still a couple of positions available. If you have any questions, or would like your son/daughter to participate in Term 3, please contact Karen Turner in the Resource Centre or Jen Williams (Teaching and Learning HOD).

**Jen Williams**  
**Head of Department – Teaching and Learning/Jnr English**

**Year 8 Bring Your Own Device (BYOD) Trial**

In response to changes to the federal funding model for student computers in Australian schools, we are investigating alternatives that best suit the needs of our school community. Recent student survey data indicates there are increasing numbers of students who have access to some form of electronic device. The survey also indicated that students either already bring these devices to school or are interested in the opportunity to provide their own device for use at school.

Up to now parent supplied devices have not been able to connect effectively to the school ICT network, but we will trial a new wireless network solution allowing students’ personal electronic devices to connect to the Internet and web based learning solutions. We are investigating this option with a small trial group of year 8 students, with the idea of expanding this to other year levels in 2015.

**Virginia Schaschke**  
**Head of Department – Technology**

**Junior Secondary Volleyball Competition**

Week 3 will see the start of the Year 8 and 9 volleyball competition. Students will compete in their roll mark groups in a round robin competition that will run every Monday for Year 8 students and Tuesday for Year 9 students at first break. The Junior Secondary Sport Captains are organising the event along with the help of some dedicated volleyball enthusiasts. A huge thank you in advance to those Junior Secondary students who are helping out with organising and refereeing throughout the term!

**Year 9 Artworks**

Year 9 art completed a portrait unit in Semester One where students completed a tonal pencil self-portrait, an abstract coloured pencil self-portrait and a POP Art acrylic paint self-portrait.

**Anita Hounslow**  
**Head of Department – The Arts**
Year 10 SETPlans

In Term 3, Year 10 Students will commence working on their Senior Education & Training Plan (SETPlan), a personalised document showing the student’s aspirations for their final years of secondary education. This document also outlines possible career pathways the student may explore after completion of their high school education.

As part of the SETPlan process, students with the assistance of their parents and a senior staff member will select subjects for study in Year 11, 2015. Interviews will be conducted in A Block Conference Room in the Administration Block commencing at 3.00pm – 8.00pm from Monday August 25 and Tuesday August 26. Bookings can also be made for Wednesday August 27 from 12.00pm to 4.00pm.

These meetings are compulsory and one parent/guardian is expected to attend with their son/daughter. Continued enrolment at Caloundra State High School in 2015 is dependent on this important Parent/Teacher interview.

Ms Jan McLean
Head of Department – Senior Secondary

Year 10 Work Education Program

The Year 10 Work Education program is an opportunity for students to gain an insight into employment. Students can sample a wide range of industries, with many local employers keen to provide an opportunity for our students.

Work Experience placement this year will be 15 to 19 September.

A wall of employers has been developed to help students find a work experience placement. Students should visit Mrs Raynor Grevell in B Block if they need assistance to make that first important contact with the employer.

In previous years, many students have secured School-based Traineeships or casual work from their work experience placement. No matter the outcome, students and employers find this program very rewarding and enjoyable.

Mrs Raynor Grevell
Vocational Education Officer

School-based Apprenticeships & Traineeships

School based apprenticeships and traineeships allow high school students - typically Years 11 and 12 - to work with an employer as paid employees, while studying for their senior certificate. At the same time, students undertake a training qualification with a supervising registered training organisation chosen by both the employer and the student.

A school based apprentices or trainee’s employment and/or training arrangements must impact on their school timetable for the program to be considered school based. Our Year 11 and 12 students, have Wednesdays available for work and/or training requirements.

The benefits of undertaking a school-based apprenticeship or traineeship include:

- receiving both an education and a job
- being a step ahead of the competition for jobs
- learning the latest knowledge and skills
- getting paid while you learn
- working towards achieving a nationally recognised qualification
- gaining hands-on experience in a real job
- gaining the skills and experience to help you go on to tertiary study
- experiencing a great way to move from school to work
- gaining a sense of achievement.

Doing a school based apprenticeship or traineeship is a great start to your career.

For further information, please contact Mrs Raynor Grevell, Vocational Education Officer on 07-5436 8444.

Rotary Young Drivers Awareness Program

On July 22, approximately 210 Year 11 students participated in the RYDA program held at Corbould Park. RYDA is a road safety education program for students who are about to embark on attaining their Learner’s or Provisional Driving Licence.

Students participated in interactive sessions which included estimating stopping distances when the vehicle is travelling at varying speeds. Some fortunate students were able to be passengers in a vehicle driven by a licensed driving instructor whilst the rest of the cohort were involved in estimating the stopping distances under various driving conditions.

Students also participated in a Hazards and Distractions workshop which focused on how to avoid or minimise a collision’s impact. Other sessions included a discussion led by a Police Officer on the consequences of poor choices on the road and students were able to meet a crash survivor whose injuries have caused massive life changes.
Arts News

Year 11 Artworks

Year 11 art students completed an expression portrait unit in Semester One with many students producing exceptional A3 pencil and mixed media artworks. Some of these have been on display in administration and will be on display again in Term 4 at our annual art exhibition.

Year 12 Artworks

Year 12 art students completed their first body of work for the year in Semester one under the concept of mask and masked. Two students who receive very high achievement for their artworks - Kristinia and Emily will also have their artworks entered into the district Creative Generation Visual Art Awards for 2014.

Lion King Excursions

Senior Art students have been invited to attend an excursion to the Lion King Production on Wednesday October 8 in Term 4. The cost is $75.00 and must be paid to the cashier by Friday July 25. Permission notes are available from P block staffroom or see Mrs Hounslow for more information.

Mrs Anita Hounslow
Head of Department – The Arts

Aviation Careers Expo

Now in its 14th year, the Aviation Career Expo is recognised as one of the major events on the Queensland aviation calendar, offering a unique opportunity for students, graduates, teachers, parents and those seeking a career change to explore the diverse range of career pathways available in the aviation and aerospace industries.

Hosted at Aviation Australia’s world class training facilities, this free careers expo takes place on Saturday, August 23 from 10.00am to 4.00pm at 25 Boronia Road, Brisbane International Airport.

Career seekers are invited to attend the Careers Seminar Program, run alongside the expo in a dedicated location within the venue, where they will have the opportunity to speak to industry experts and gain valuable insight into a myriad of aviation career streams.

Aviation enthusiasts can experience the exhilarating world of Aviation at the Static Aircraft Display which features a range of aircraft and other aviation related equipment. With an exciting training simulators and a behind the scenes look at one of Queensland’s state-of-the-art aviation training facilities it’s a day not to be missed.

Further details can be found at: http://www.aviationaustralia.aero/expo/ or on the expo’s Facebook and Twitter pages. Please also see the attached flyer for more information and feel free to distribute this among your students/staff. You can also register your attendance at the event here.

Year 12 Home Economics

Student’s Support Rosie’s Youth Mission

The Year 12 Home Economics students have recently completed a unit on “Homelessness” as part of their Individuals, Families and Communities focus area. As part of this unit, the students were privileged to have a visit from Carolyn Wilson and Cathy Barber from the local Caloundra charity, Rosie’s Youth Mission. Every Tuesday and Friday night and monthly on a Saturday night, the Rosie’s van sets up in Caloundra and offers comfort, conversation, food and support to those in need. Carolyn spoke of the increasing problem of homelessness on the coast. She explained “We are seeing between 30 and 40 patrons at each Outreach. The need has grown significantly, not only here in Caloundra but also at our other branches throughout Queensland.”

The students were also able to see and “test out” one of the innovative Street Swags, which are in very short supply on the coast. These swags allow some level of comfort and security for those without proper shelter. A recent Sunshine Coast news article stated that there are up to 400 people waiting for a Street Swag to assist their situation of sleeping rough.
Carolyn and Cathy’s talk and visit was an inspirational experience for the students who gained greater awareness and compassion for those less fortunate in our local area. The class has successfully run a non-perishable food collection which will be distributed to Rosie’s patrons at their annual Christmas in July night.

Thank you to parents, students and staff who contributed to this collection.

Sandy Connie
Teacher

Hospitality Students Get Out in the Community

Year 12 Certificate II Hospitality students have been applying their skills in a variety of work placement visits. They are currently working towards completing the unit of competency SITHIND202 Use Hospitality skills effectively.

Recently, five Year 12 Certificate II Hospitality students provided food and beverage service for 50 CWA ladies, during a Project Vietnam luncheon. All students enjoyed the experience and the opportunity to interact with the ladies.

Skills developed, during these experiences, will be valuable for the future.

Murray Finch
Rugby League Team Coach

INTERNATIONAL STUDENTS

Stand Up Paddle Boarding & Kayaking Event

On Sunday July 13, international students that had arrived at their homestay families enjoyed a morning gathering giving Stand up paddle boarding and/or kayaking a go on our beautiful Currimundi Lake.

This was a great opportunity for all the international students to meet with each other before the first day of school.

Thankfully the weather was beautiful and there was minimal wind for those students that lost their balance giving this new sport a go!

SPORTING NEWS

Year 10 Rugby League

The Caloundra State High School Year 10 Rugby League team completed a fantastic season with a nail biting loss to Mountain Creek’s School of Excellence in extra time in their grand final at the end of Term 2. The Caloundra team made their way into the final with a great win over Maroochydore High in a semi final also decided in extra time. The boys played outstanding football throughout the short, but intense season. The final was a high quality game with the score finishing at 32 - 28.

As coach I am very proud of the boys in this team. Each of them contributed to this result and their conduct on and off the field showed Caloundra High students at their best.
Fujiidera High School Study Tour

We welcomed 11 students and 2 teachers from Fujiidera High School Study Tour Japan. Students and teachers arrived safely from Japan on Monday July 21 and will spend the next two weeks participating in many exciting activities and Australian experiences. These will include an Australia Zoo visit, Aboriginal Cultural workshops, Aussie cooking classes and taste testing, surfing lessons, beach visits, dance classes, our own Athletics carnival and many activities with their host families. Students will also have the opportunity to attend various classes with their Caloundra High buddies.

This week the International and Fujiidera students attended surf safety lessons with compliments from the Caloundra Surf Life Saving Club at Kings Beach.

A huge thank you to all the host families who have assisted their Japanese Fujiidera High school students settle in to the Australian way of life. Your assistance and support with such programs is greatly appreciated.

Helen Wormald
International Student Homestay Coordinator

P&C NEWS

P&C Committee Meetings

2014 General Meetings:
- 11 August, 8 September, 13 October, 10 November and 8 December
- 6:00pm in the Conference Room, Admin Block, Queen Street

Chaplaincy Services at Caloundra State High School

Chaplaincy programs will be on the Agenda for the August General Meeting. All parents/caregivers are most welcome to attend.

SPINE SOCIETY OF AUSTRALIA

The Spine Society of Australia is recommending that all girls in Year 7 and 9 participate in the National Self-Detection Program for Scoliosis (NSDP). Parents can click on the brochure below to find out more information on Scoliosis or by visiting the http://www.scoliosis-australia.org/

NATIONAL TREE PLANTING DAY

Parklands Community Group in conjunction with Sunshine Coast Council Natural Areas Team and Currimundi Catchment Care Group wish to invite students, parents and staff to National Tree Day at Bancroft’s Red Gum Reserve in Little Mountain (Parklands) on Sunday, 27 July 2014 to participate in the Australia wide tree planting.

Registration will start at 8:00am at the end of Lakeshore Place, off Village Way, Parklands (UBD page 99 G2). Participants are required to wear covered shoes, appropriate clothes and a hat. Council will provide gloves, water and all planting equipment and supplies.

Volunteers will be rewarded with a free sausage sizzle at 11:30am and a presentation of the history and stories of various native animals by “Geckos”.

Mr Ron Burnett
Chair, Parklands Community Group

CALOUNDRA LITTLE ATHLETICS SIGN ON

Sign on days for Caloundra Little Athletics will be held at:
Carter Park, North Street, Caloundra

For more information, contact Lorraine on 0402 995 196

SOFTBALL SIGN ON

Suncoast Hinterland Softball Association invites interested players to sign-on for the upcoming Summer season.

Sign On and Come Try Day: Saturday 23rd August and Saturday 13th September

Where: Mooloolah Multi Sports Complex – 129 Mooloolah Connection Rd, Mooloolah (Brand new facilities)
Who: Males and Females of all ages and abilities – 5 years to masters

Contact: Karen 0422204661 or suncoasthinterlandsoftball@gmail.com

Your child may be eligible for the State Govt’s Get Started voucher – valued up to $150.

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ADOLESCENT SCOLIOSIS
SPINAL CURVATURE

Information for schoolgirls in years 7 and 9 and their parents

A health promotion program recommended by the Spine Society of Australia. The program is endorsed by the Paediatrics and Child Health Division of the Royal Australasian College of Physicians.

WHAT IS SCOLIOSIS?
Scoliosis is a lateral or sideways curve of the spine. The spine also rotates on its long axis as it curves. It usually develops during early adolescence (age 10-13 years) when growth is most rapid.

WHAT IS THE CAUSE OF SCOLIOSIS?
The cause is unknown, but 80-90% of cases occur in otherwise healthy adolescents. This is called idiopathic (cause unknown) scoliosis.

We know that scoliosis is NOT contagious and NOT caused by bad posture, a soft mattress, carrying a heavy school bag or junk food.

WHY IS EARLY DETECTION IMPORTANT?
While very small curves are common and of no significance, about 2% of girls have a curve which warrants medical observation during the growth period. Three girls per 1,000 will require treatment during the growth phase. If treatment is required, the earlier it is undertaken, the better the long-term result. This is the basis for screening since in the early stages scoliosis produces no symptoms. The way to detect scoliosis is to look for it!

WHY THIS BROCHURE HAS BEEN PRODUCED
This brochure is designed to make parents of schoolgirls aware of the outward signs of scoliosis. From time to time all government and non-government schools in Australia will be asked to download this brochure from www.scoliosis-australia.org and to distribute it to girls in Years 7 and 9 (11 and 13 years of age in most states and territories).

If after reading this brochure you or your parents think you may have this condition, please consult your family doctor.

WHAT ARE THE OUTWARD SIGNS OF SCOLIOSIS?

- Head not centred over body
- One shoulder higher
- One shoulder-blade higher and possibly more prominent
- Unequal gaps between the arms and the trunk
- One hip more prominent
- Spine obviously curved

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HOW SCOLIOSIS IS DETECTED
Apart from the outward signs with a teenager standing as illustrated, the reliable **Forward Bend Test** is used in the diagnosis of scoliosis. This simple visual examination requires the teenager to stand with the feet together and parallel and bending forward as far as she can go with the hands, palms facing each other, pointed between the two big toes. In scoliosis, one side of the upper chest (thoracic) region or the lower back (lumbar) region will be more than 1 cm higher than the other. The prominence is most often on the right side in the thoracic region. If the difference between the two sides is less than 1 cm, it is highly unlikely that a significant curvature is present and the difference is simply due to asymmetrical growth of the two sides of the body. This is called torso asymmetry and is of no significance.

WHAT ABOUT BROTHERS AND SISTERS?
Scoliosis tends to run in families. When a curve is detected in one member of the family, other children should also be examined by the family doctor. If there is a history of a blood relative, especially a female cousin, having been treated for scoliosis by brace wearing or surgery, then this strengthens the case for spinal examination as a regular health check between 10 and 13 years of age.

Scoliosis which requires treatment is far less common in boys than in girls. The ratio of boys to girls requiring treatment is about 1 to 10.

IS TREATMENT SUCCESSFUL?
Yes, modern methods produce excellent results when a curve is detected early. In most cases an inconspicuous spinal brace is worn. Surgery is needed in only one out of three cases which require treatment.

There is no scientific evidence that physical therapy (exercise programs) and spinal manipulation (chiropractic adjustments) will either correct a scoliosis or halt its progression.

WHAT WILL HAPPEN IF SCOLIOSIS IS NOT TREATED?
The curve may increase unnoticed during the growing years. Moderate and severe curves may also increase in adult life. Some curves may increase with pregnancy. Severe pain, physical deformity and wear and tear arthritis may occur during middle life. Early detection is important for a healthy future.

HOW DO YOU DETECT SCOLIOSIS?
Simply look for it!
It only takes 30 seconds.

Visit our website
www.scoliosis-australia.org

The National Self-Detection Program is supported by

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For more info please contact Karen 0422 204 661
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