Dear Parents and Caregivers,

Welcome to our newsletter which will be the last one for the term with only three weeks remaining until school holidays start on September 20. As can be seen in this newsletter, schools are busy places.

With our school priorities we have **Partnerships** as our number one priority and the last few weeks have seen the valuing of these partnerships in action. Two of our feeder primary schools, Golden Beach State School and Caloundra State School sent their Year 6 and 7 students, accompanied by teachers to spend a day with us to assist with their transition into high school in 2015. These days were enjoyed by the students who now feel much more comfortable about coming to our school next year. Teachers from Talara Primary College and Currimundi State School also spent a day with us to learn about what we offer our students and how we teach our children. Events like these strengthen our State School Coalition and support State Education.

As well, we had Fujiidera High School, our Japanese study tour group spend two weeks with us and from all accounts was a very successful visit. They hope to return again next year.

This time of the year also sees us undertake timetabling and staffing for 2015 with our **Subject Selection Night** being held last week. Students have been provided with a Subject Selection Form and all Year 10 students have undertaken SETPlan interviews to determine their future direction and select subjects which will help them achieve their future pathway. Information gathered from the SETPlan interviews determines how the timetable will eventually be structured for Year 11 in 2015. Thank you to all of our families for participating in these interviews.

Learning is also a priority and over the last few weeks we have been able to recognise the achievements of our students through ceremonies such as the iACHIEVE celebration, which saw us acknowledge the Year 8 and 9 students who achieved outstanding results on their Semester 1 Report Cards. It was pleasing to be able to reward so many of our Year 8 and 9 students. At a special scholarship afternoon tea, we welcomed and congratulated our **Year 6 and Year 7 Scholarship winners** who will join us next year.

Another one of our priorities is **Outcomes** and in this newsletter we have much to celebrate after receiving fantastic NAPLAN results which show how much our school has improved and the great results our Year 9 students have achieved. This table showcases our improvement and where our student results sit compared to state and national results.

Congratulations to the **Trade Training Centre** who were announced as **State Finalists** in the category *Excellence in the Senior Years*. This is great news after 3 years of being in the regional finals and enormous acknowledgement of Tracie.
Warry and her team’s hard work and successful practices in achieving outcomes for our students. Final judging will occur on October 17.

Structure of the day – in the last newsletter I provided details of the times of the day for 2015, but these have been adjusted to meet local bus operators requirements. The times have been adjusted by 10 minutes which sees Year 11 and 12 students starting at 8.00am and Years 7 to 10 starting at 9.10am, and everyone finishing at 3.00pm.

<table>
<thead>
<tr>
<th>Time</th>
<th>Description</th>
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<tbody>
<tr>
<td>8.00am – 9.10am</td>
<td>Period 0 (Tuesday, Thursday and Friday – Year 11/12)</td>
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<tr>
<td>9.10am – 9.20am</td>
<td>Home Group/Assembly (10 minutes)</td>
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<tr>
<td>9.20am – 10.30am</td>
<td>Period 1</td>
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<tr>
<td>10.30am – 11.10am</td>
<td>First Break (40 minutes)</td>
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<tr>
<td>11.10am – 12.20pm</td>
<td>Period 2</td>
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<tr>
<td>12.20pm – 1.30pm</td>
<td>Period 3</td>
</tr>
<tr>
<td>1.30pm – 1.50pm</td>
<td>Second Break (20 minutes)</td>
</tr>
<tr>
<td>1.50pm – 3.00pm</td>
<td>Period 4</td>
</tr>
</tbody>
</table>

Our Next Step Data (2013 Year 12 destinations) was released this week with the following findings (survey undertaken between March and June): In 2014, 46.5% of young people who completed Year 12 at CSHS in 2013 continued in some recognised form of education and training in the year after they left school. The most common study destination was Bachelor Degree (21.2 %) 18.8% in campus-based VET programs, with 11.8% entering programs at Certificate IV level or higher. A further 7.1% of respondents deferred a tertiary offer in 2014. For those students entering the workforce, 6.5% commenced either as an apprentice (4.7%) or trainee (1.8%), 36.5% were employed, 15.9% were seeking work and 1.2% were not in the labour force, education or training. This data clearly shows that we are equipping our students for the workforce or further education and training.

With the end of term approaching, there are several dates to note. Year 10 students will be undertaking compulsory work experience placement from September 15 to 19. Year 12 students will undertake the QCS Test next Tuesday and Wednesday followed by an exam block starting on September 10. Year 11 exam block begins on September 15. (Please note that students in Year 11 and 12 only attend for exams on these days, as there will be no timetabled classes, Year 8 and 9 will have normal classes until the end of term). Interim reports will be emailed home to students on October 10.

Presentation Night will be held on Tuesday October 28. Awards Criteria can be found via the website (www.caloundrashs.eq.edu.au) under the Support and Resources tab - Documents - General folder - 2014 Awards Criteria.

I would like to take this opportunity to wish everyone a very relaxing, safe and enjoyable spring break. The first Monday back is a public holiday with school resuming on Tuesday October 7.

Regards

Ms Julie Pozzoli
Principal

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Diary Date Claimers

<table>
<thead>
<tr>
<th>SEPTEMBER</th>
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<tbody>
<tr>
<td>Tuesday 2</td>
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<td>Thursday 4 to Friday 5</td>
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<td>Monday 8</td>
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<tr>
<td>Wednesday 10 to Friday 12</td>
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<tr>
<td>Thursday 11</td>
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</table>
**Whole School News**

### ICAS Competition

Each year, Caloundra High offers students the opportunity to participate in the International Competitions and Assessment for Schools (ICAS) in the areas of English and this year saw over 100 students participating from Years 8 to 12.

The ICAS competition is an independent skill based assessment, sat under exam conditions and provides comprehension diagnostic data which can assist students to develop their English skills further. This is a well-respected competition in which students from 20 countries around the world participate.

Whilst we are still awaiting results, I must congratulate all students who participated, and hope to see the numbers increase in 2015!

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**Jen Williams**  
HoD - Junior English/Teaching & Learning

### Subject Selection Night

Subject Selection Night for 2015 was held on **Tuesday August 19** and the school hosted a large number of parents and students throughout the evening. Each curriculum area had an information display setup and parents were able to talk with teachers and Heads of Departments about the variety of subjects offered. Students should now have completed their subject selection, returned their form and entered their choices into the OneSchool timetabling system this past week (Week 7) for Years 8 and 9. This should have occurred in IT lessons for Year 8 and Maths lessons for Year 9. Year 10 students will complete their subject selection choices during their SETPlan interviews.

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**Student Council News**

### Athletics Day BBQ

Following tradition, the Student Council successfully ran a BBQ on Athletics Day that catered to everyone’s hunger. With **Leaham** behind in the chef whites, we had some of the best kebabs and sausages in recent memory. We would like to thank everyone who showed their support on the day. All money raised goes to support student council endeavours. We would like to say a special thank you to **Leaham, Sam, Scarlet, Bianca, Topaz, Jemma, Sarah** and **Darcy** for running this event. The day was a great success for the student council and everyone who competed in the events.
Darcy H.
School Captain

STUDENT COUNCIL HELP OUT AT THE TALARA PRIMARY COLLEGE FETE

On August 3, the Caloundra High Student Council, assisted by five Junior Secondary students went along to the Talara Primary College Fete and assisted parents and teachers in running the two BBQ stands. This event was very successful and our efforts were greatly appreciated by the staff and parents of Talara Primary College. It’s great to see CSHS students out in the community and helping out at local events. Many thanks to the Student Council for representing our school and serving our community.

Slade M.
School Captain

SCHOOL BAND PERFORMANCE

On August 19, students of the Caloundra State High School Concert Band attended the Vietnam Veterans Day ceremony at the Caloundra RSL’s Helicopter cenotaph. The students performed various ceremonial hymns and the anthems of both New Zealand and Australia. The students also presented a small repertoire of music that they had performed previously at the Ekka. The concert band, lead by Ms Lutherborrow, have been supporting the community at many events including the Car Rally Opening, Ekka show day and now at Caloundra RSL for the Vietnam Veterans Day ceremony.

These students should be very proud of their efforts and be given much credit for their excellent achievement. The CSHS’s Concert Band has already made such a footprint in the community that they have received a $400 donation from the Vietnam Veterans Association for their fantastic effort. Many thanks to The Vietnam Veterans Association, Ms Lutherborrow and the students of the CSHS Band.

Slade M.
School Captain

LIGHTHOUSE CENTRE

Students from our Special Education Unit have contributed to a mosaic piece of artwork which will be displayed in the entry of the Caloundra Community Centre.

CONNECT TO READING

A week of competition, displays and dress up were held in the Resource Centre. Congratulations to Ly L. for her wonderful poster on “Connect to Reading”.

Thank you to Ms McIntosh (Teacher Aide) in her fancy dress all week.

Well done to 8H for entering three teams in the Reader’s Cup Competition coming first, second and third. A crazy lunch time competition with two teacher teams competing against the Year 8’s.

Fantastic food prepared by Ms Manning (Teacher) and the Year 9 Hospitality class.

KIDS TEACHING KIDS CONFERENCE

“Did you know that female turtle hatchlings are born when the sand temperature is over 27˚C? Or that the stomach shell of a turtle is called a plastron? Or that an abandoned fishing net is called a ghost net and it keeps on floating, catching and killing sea creatures?”

All these facts and many more are covered in the fun board games being developed by the Lighthouse Centre students for the Kids in Action Environmental Conference on September 4 and 5 at Kawana Community Centre. The Lighthouse Centre students have been enthusiastically making board games about the endangered loggerhead turtle. These will be used to teach 60 students from other Sunshine Coast schools about the lifecycle, threats and conservation of loggerhead turtles which nest on our local beaches. The turtle board games are being presented by our Lighthouse Centre students in two workshops at the conference which is run by Sunshine Coast Council, sponsored by Target and runs concurrently all over Australia. The conference is based on students teaching other students about local environmental issues and this year’s theme is the Ocean – perfect since the Lighthouse Centre students are so familiar with turtle conservation. Each year, the students attend turtle nest “clutch counts” at some of our local beaches. The turtle board games are being attended by over 600 students from other Sunshine Coast schools. The students ensure that straggler loggerhead hatchlings make it safely into the ocean. Amazingly, these hatchlings travel all the way to Chile in South America before returning to the Sunshine Coast as teenagers. They then grow until they are 30 year old adults which are mature enough to breed and restart the loggerhead turtle lifecycle. The Lighthouse Centre students are
endeavouring to pass on their turtle conservation passion to their peers. The students will be accompanied by teachers, Carolyn Ufer and Louise Geitz."

Carolyn Ufer and Louise Geitz
Teachers

SCHOOL WIDE POSITIVE BEHAVIOUR SUPPORT

DEVELOPING RESILIENCE IN YOUR CHILD

One characteristic we want all our students to develop is resilience. Resilience is not necessarily a quality that you are either born with or not. Nor is there any one “right” way to get from here to there. The willingness to get up once you have fallen and try again, is often the difference between success and defeat. But how can you help develop resilience in your child? Over the next few newsletters we will provide parents with some useful tips to make your child that little bit more confident in facing and overcoming those challenges that school and life may throw at them.

1. Accept that change is part of living. Certain goals may no longer be attainable as a result of changed circumstances. Tell your child to focus on what they can control, not what they can’t. New opportunities arise from a positive attitude.

2. Take decisive actions. Act on adverse situations as much as you can, but do not dwell on them. Take decisive actions, rather than just hiding away from the problems and stresses and wishing they would just disappear.

3. Keep things in perspective. Even when facing very painful events, try to keep the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.

More tips next newsletter ……….

SWPBS PARENT TIPS

Is your child prepared each day?

Getting ready for the school day may seem easy, but with our busy lifestyles, the importance of this can get lost. Teaching children to pack their school bag the night before can assist them to achieve the most out of the school day as assist to build resilience against curve balls life can throw.

Top Tips to Teach Your Children How to Pack Their Own Bags

Adapted from Dr Robyn J.A. Silverman

- Talk to your children about Self Reliance
  Together, brainstorm some ways that everyone in the family can be self reliant—at which time, you can challenge and encourage your child to start packing his or her own bag.

- Let them know what’s happening
  Discussing any changes in plans or events which could affect their normal routine will help them adjust and prepare accordingly.

- Teach them how to make a list
  Allowing them to come up with the answer will reinforce their abilities to become self reliant.

- What should always be in the bag?
  Caloundra High Students must always bring their diary, (laptops where relevant), timetable, and writing equipment.

- Have them check off everything on their master list the night before
  Make sure they check their daily timetable for their subjects the next day, as well as when assignments are due…they may need to print off a copy to hand in!

- Allow them to make small mistakes
  They’ll learn a lot more from feeling unprepared than they will from you going back home to get it for them. While it’s difficult, teaching self reliance and resilience comes from trial and error as well as from direct teaching from you.

SWPBS Committee

JUNIOR SECONDARY NEWS

CALOUNDRA SHS CONGRATULATES YEAR 9 COHORT ON OUTSTANDING NAPLAN RESULTS

We are extremely proud of our Year 9 students and our Junior Secondary teachers for the outstanding Year 9 NAPLAN results in every strand this year. Caloundra High outperformed schools across Queensland and the Nation. Our students were well prepared as part of Caloundra High’s SUCCESS agenda to improve literacy and numeracy skills in students. Teachers across all curriculum areas have been working hard to improve our students’ abilities across a range of literacy and numeracy basics. The results are summarised below and more information will be available on our website.

<table>
<thead>
<tr>
<th>Subject</th>
<th>Caloundra State High School’s 2014 Year 9 NAPLAN results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reading</td>
<td>95.2% at National Minimum Standard (Qld 90% Nation 91.8%)</td>
</tr>
<tr>
<td>Numeracy</td>
<td>99.5% at National Minimum Standard (Qld 94.3% Nation 94.2%)</td>
</tr>
<tr>
<td>Spelling</td>
<td>93.5% at National Minimum Standard (Qld 89.1% Nation 89.8%)</td>
</tr>
<tr>
<td>Grammar and Punctuation</td>
<td>90.9% at National Minimum Standard (Qld 89% Nation 89.7%)</td>
</tr>
</tbody>
</table>
Caloundra State High School's 2014 Year 9 NAPLAN results

| Writing | 85.6% at National Minimum Standard (Qld 79.5% Nation 81.7%) |

Our students also outperformed schools across the state and were similar to nation in the upper 2 bands which is the top 20% of students in the nation.

Each Year 9 student will have their individual NAPLAN result mailed to them. These should have been received by parents this week.

Well done Year 9!

TRANSITION DAYS

Caloundra High has hosted Year 6 and 7 students and teachers from Golden Beach State School and Caloundra State School with some students from Glenview State School and Talara State College. Students participated in junior secondary subjects ranging from the core subjects of History, English (creative writing), Maths, Science (gaining their Bunsen Burner certificates), Health and Physical Education, Music (drumming workshop), Home Economics (making fruit kebabs), Drama, Design Technology (making plastic key rings).

Students had a wonderful day and enjoyed their lessons. Their first transition experience has left them feeling confident about coming to Junior Secondary in 2015. We thank our talented and enthusiastic teachers for providing engaging lessons for the younger students. Caloundra High is well prepared for the arrival of Year 7 students next year. Congratulations to Ms Amelia Duelberg (Acting Head of Department – Junior Secondary) for her planning and organisation of the day.

Regards

Denise Miller
Deputy Principal – Junior Secondary

iACHIEVE PROGRAM OF EXCELLENCE

Congratulations to over 100 Caloundra State High School Junior Secondary Students who were officially recognised at a special celebratory parade on Wednesday August 6 for their academic excellence in 2014. All 100 students have been invited to participate in an academic support program called iACHIEVE.

Successful students have been identified for performing exceptionally well in their current academic studies and their participation in the iACHIEVE program will assist students in:

(a) identifying their current performance level in their academic program;
(b) establishing their personal learning goals for the remainder of the year;
(c) maximising their personal performance through personal mentoring.

It is well known that engaging in an ongoing academic mentoring process provides students with an enhanced capacity for academic performance. We would hope that all selected students will take this opportunity to maximise their personal outcomes as they strive to establish a strong foundation for future success.

It is hoped that all 100 successful students will continue in their endeavours and continue to strive for academic excellence at all time. Staff at Caloundra State High School would like to congratulate all participants who have accepted their invitation into the iACHIEVE program.

JULIE ARLISS GIFTED & TALENTED CONFERENCE

On Thursday August 4, a select group of Year 8 and 9 students from Caloundra State High School were chosen to attend one of Julie Arliss’ famous Gifted and Talented Conferences at Kawana Primary School. Students from other Primary and High Schools were attending, also proudly representing their schools.

When the students arrived there was a buzz of excitement. ‘I hope it will be as good as last year!’ said a very excited Tess S. from 9H. Tess attended the Gifted and Talented Conference in 2013 and thoroughly enjoyed it.

To kick-start the day, Julie Arliss posed a puzzling question: Are snails conscious of their surroundings? Ms Arliss discussed the Science behind this question and the lack of evidence to know the answer.

We attended four sessions for the day broken by time to eat and play. Even the High Schoolers took time to play on the playground!

In session four, we participated in a debate with the question posed “Has Science taken the place of Religion?” We were all given the opportunity to state our views and to support them with our reasoning.

It was a long day, but very interesting listening to Julie Arliss and her view on the world of Science.
HOSPITALITY STUDENTS DEVELOP SKILLS

A group of year 9 Hospitality students, mentored by a Senior student, enjoyed developing their cooking and teamwork skills to make pizzas, decorate cupcakes and serve the hungry participants of the Readers Cup Challenge held recently.

Marlene Manning
Teacher

SPONSOR A CHILD

This term 8D students raised $60 as their contribution to the Rwanda World Vision Sponsor a Child Program. Throughout 2014, every Year 8 form class will undertake one fundraiser to support this worthy cause. Money was raised through a guess the number of lollies in the jar game. Students donated lollies for the cause and managed to fit 375 lollies into the jar. The lucky person to guess this exact number was one of our Teacher Aides. Students from 8D would like to thank all staff and students who participated in the game and contributed to this valuable cause.

Kim George
Year 8 Coordinator

GRADUATION PARADE AND FORMAL INFORMATION

This year’s Graduation Parade and Year 12 Formal will be held on the November 20. The Graduation Parade will be held in the morning on the school amphitheatre and all students will attend this ceremony. More details of this event will be issued closer to the date.

The Year 12 Formal will be held in the evening at the Caloundra Events Centre. This event is non-compulsory and students have been told on a number of occasions that they must meet the four criteria if they wish to attend the Formal. These criteria have been in place for a number of years and are as follows:

Students must

1. be on track to attaining a Queensland Certificate of Education based on cumulative results up to the end of Term 3 Year 12 and for vocational subjects, have completed and passed at least 85% of the course, and
2. have been suspended no more than six days in the year, and
3. have achieved satisfactory standards in industry and behaviour on Year 12 Reports, and
4. have a minimum attendance record of 85%.

Any Year 12 student not meeting these criteria will not receive an invitation to attend the Formal. They can however, still attend the Graduation Parade. Students have been informed of this process.

Ms Julie Pozzoli
Principal

HEADSTART INFORMATION EVENING

If you have a student in Year 11 or 12, who may be interested in studying at University of the Sunshine Coast, you may like to attend the Headstart Information Evening.

When: Wednesday September 10
Time: 6.00pm to 7.00pm
Where: Lecture Theatre 7, Building C, USC, Sippy Downs Campus

For further details visit www.usc.edu.au/headstart
Or click to REGISTER HERE
HERON ISLAND MARINE STUDIES CAMP

This year’s Heron Island trip saw an early 3.00am start for the 32 year 12 Marine Studies students and the 8 international students. We arrived at our destination in good time to catch the “Heron Islander” ferry. The ferry voyage was challenging for some due to the strong wind that resulted in a rather rough trip. Congratulations to those who were not sick, and to those who were, for the dignified way they handled themselves.

The first few days were rather windy so all activities were island and lagoon based. Low tide reef walks allowed for comprehensive data collection with the lagoon snorkel and lagoon based. Low tide reef walks allowed for comprehensive data collection with the lagoon snorkel.

There were no scheduled classes for the relevant year levels on these dates, but students are required to attend school as per Exam Block schedule. This schedule will be distributed to students in due course. The finalised schedule will be available from the school office and the Caloundra High website (www.caloundrashs.eq.edu.au).

QCS TEST – YEAR 12

Our OP eligible students in Year 12 are currently finalising their preparations to undertake the Queensland Core Skills Test on Tuesday 2 and Wednesday 3 September 2014. The test involves two multiple choice papers, a written task and a short response paper.

The QCS Test contributes information for the calculation of Overall Positions (OPs) and Field Positions (FPs), which are used to rank students for tertiary entrance. The QCS Test does not test particular knowledge of specific Year 12 subjects. It tests the Common Curriculum Elements (CCEs), a set of generic skills identified in the Queensland senior curriculum. As the Common Curriculum Elements are generic skills that students work with across their subjects; the real preparation for the test goes on all the time and in every subject, as well as in our QCS preparation program.

Keen to find out more? Please read the attached parent information brochure and try some sample questions that reflect those contained in the test and see how you go.

There are no scheduled Year 12 classes on Tuesday September 2. Year 12 students who are not sitting the QCS Test are not required to be at school on this day, EXCEPT for those students who are required to participate in an intensive assessment catch up day. Letters will be sent home to parents in due course to advise if their child is to attend this catch up day.

Mr Ben Lynes
Deputy Principal – Senior Secondary (Year 11/12)

TOUGH MUDDER – TOURISM STUDENTS

Recently, fifteen Year 11 Certificate II in Tourism students volunteered at the local ‘Tough Mudder’ adventure race. Students did a massive 11 hour day assisting race goers as they got muddy climbing, diving, running, swimming and jumping on all forms of obstacles on an 18km race circuit. Students are gaining industry experience working with local tourist events. Ms Benaud (Teacher) stated the “students put in an awesome effort, she was so proud to be with them, representing Caloundra State High School”. Mattia an International student from Italy got to experience all that the Sunshine Coast weather has to offer in one day. Well done to all students and a special thanks to one of our parents, Mr Ranson for being part of the crew.
GIRLS DAY OUT

On August 18, a small group of Year 10 and 11 students attended the Girls Day Out – Try A Trade event held at the Sunshine Coast Technical Trade Training Centre. This was an awesome opportunity for our young ladies to sample some of the trades in the Construction industry. The girls participated in hands-on activities such as rendering, bricklaying, cabinet making, surveying and carpentry.

Morning tea and lunch was provided, and I spoke to all the students to gather feedback on the event. Some responses were “this day has been a wonderful experience and I really enjoyed the rendering”, “I didn’t know what to expect, but I have enjoyed all the activities”, and “this is an experience I will never forget.”

WORK EXPERIENCE

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.

Students should contact their employer now to remind them that they are coming out to work experience. Some questions they should also ask are:

- “What time would you like me to start?”
- “What time will I finish so I can organise transport?”
- “What should I wear to work experience?”
- “Is there a lunch room where I can bring my own lunch, or a shop nearby so I can buy lunch?”
- “Do I need any safety equipment for work experience?”

Mrs Raynor Grevell
Vocational Education Officer

DISTRICT ATHLETICS

Caloundra High athletes represented themselves and the school with pride at the recent District Athletics on August 8 and 11. The weather was perfect and performances were fantastic. Out of the 10 Age Champions, 4 of them were from Caloundra High.

**AGE CHAMPIONS**

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<thead>
<tr>
<th>Age</th>
<th>Male</th>
<th>Female</th>
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<tbody>
<tr>
<td>13 Yrs</td>
<td>Jake G.</td>
<td>Josie F.</td>
</tr>
<tr>
<td>14 Yrs</td>
<td>Sven K.</td>
<td>Torri B.</td>
</tr>
<tr>
<td>15 Yrs</td>
<td>Mitchell H.</td>
<td>Kate M.</td>
</tr>
<tr>
<td>16 Yrs</td>
<td>Wyatt C.</td>
<td>Blaze L.</td>
</tr>
<tr>
<td>17 Yrs</td>
<td>Gareth H.</td>
<td>Kenadee D.</td>
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**DISTRICT AGE CHAMPIONS**

<table>
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<th>Gender</th>
<th>Name</th>
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<tbody>
<tr>
<td>13 Yrs</td>
<td>Male</td>
<td>Jake G.</td>
</tr>
<tr>
<td>15 Yrs</td>
<td>Male</td>
<td>Tom F.</td>
</tr>
<tr>
<td>15 Yrs</td>
<td>Female</td>
<td>Lisa V.</td>
</tr>
<tr>
<td>17 Yrs</td>
<td>Female</td>
<td>Els V.</td>
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We had an impressive result from our 15 years girls age group, with 9 of the events being won between Lisa and Kate. The girls won the following events:

- **Lisa V.** won five events, 100m, 200m, 400m, long jump and triple jump. Breaking the record for long jump.
- **Kate M.** won 4 events – shot put, discuss, javelin and high jump. Breaking a 20 year old record in shot put.

Combine this with the multiple Caloundra students who will represent the district at the Regional Carnival, and we as a school are well represented by a fantastic group of young women and young men.

SPORTING NEWS

INTERHOUSE ATHLETICS

The Caloundra Interhouse Athletics carnival has been run. Once again **Tibrogargon** were victorious. We were treated to perfect weather and finished with a few minutes to spare. A huge thank you to everyone who participated and contributed to a fantastic event.
QUEENSLAND WEIGHTLIFTING CHAMPIONSHIPS

Ella recently competed in the Queensland Weightlifting Championships. Even though she has only just taken up this sport, she won a Gold Medal in U15’s for her weight division with a snatch of 40kg and Clean and Jerk of 47kg, and a Bronze medal in the Youth Category (U17’s).

Congratulations Ella, this is a great achievement.

Adam Baldwin  
Sports Coordinator

BRISBANE LIONS CUP

Early August, two teams of girls competed at Maroochydore in the prestigious Brisbane Lions Cup AFL tournament. It was a warm winter’s day, perfect conditions for playing footy against some of the best schools on the Coast.

Unfortunately, the senior girls’ team was missing their usual big guns due to Heron Island Camp and District Athletics Trials. This allowed younger girls from lower grades to step up and compete against players much older and more experienced than themselves. Despite the tough conditions, they fought valiantly all day and came away with a few good wins under their belt. Super Coach Fullarton was impressed with the courage, stamina and sportsmanship that her young girls displayed and said “that they will be a dominant force in future years”. She also said “she loves taking these girls away, as they always play hard and are so well-behaved both on and off the field. They are the perfect role models for Caloundra High”.

The junior girls’ team went into the carnival fired up and were regarded as one of the teams to beat. Despite three big names pulling out through illness, our girls had a brilliant day out. Early on, they disposed of some of the leading private schools on the coast. Their fitness and bravery to take on the hard ball and their accurate kicking were leading factors in their success.

By the end of the day, the junior girls came up against their old rivals in the grand final – Mountain Creek. The Mountain Creek girls have been training twice a week and playing AFL together on weekends for 2 years. The school is also classed as an AFL Excellence School. Despite the fancy names and the odds stacked against them, our girls went out hard and raced away to a handy 2 goal lead by half time. Unfortunately, Mountain Creek came home strong (with the help of some dodgy refereeing) and beat the Caloundra girls by 1 goal.

The junior Caloundra team should hold their heads high as they displayed wonderful sportsmanship all day and played some of the best girls’ football I have ever seen. It has been a pleasure coaching these girls over the last year and a half and I am looking forward to the upcoming interschool competition with them one last time.

Tim Bateup  
Teacher/Coach

SENIOR SCHOOLS CUP - VOLLEYBALL TOURNAMENT

Last weekend Caloundra High sent 2 teams to Toowoomba for the Senior State Titles, also known as Schools Cup. The Year 11 boys (with 2 Year 12 students) were successful in attaining a Silver medal in Open Boys Division 2 (this meant 5 Year 11 boys were playing up a year, against Year 12s) - top effort. The Year 11 girls team finished Seventh in Division 1 – a great effort by all.

Congratulations to the students for their effort and commitment to the Volleyball program for the past 4 years. I am very proud of the way our students conducted themselves at this tournament. I would like to thank Paul Schwieso for coaching and feeding the Year 11 girls. Thank you also to Tory Carmichael, Caylan Graham and Sarah Barber (all ex-students) for their efforts in coaching. Lastly, thank you to two parents Karen Doyle and Leanne Bryant for their cooking and driving of our students – it’s great to see parent involvement and we appreciate their assistance – it’s a massive weekend!

Bring on the Junior Schools Cup in Brisbane – 6 more Caloundra SHS teams in action!!!

Tracey Fox  
Teacher/Volleyball Coordinator
VICKI WILSON CUP NETBALL COMPETITION

On Thursday July 24, Caloundra High entered our Open A Netball team in the Vicki Wilson Cup State-wide Netball Competition for the Sunshine Coast.

The team played 8 games and performed extremely well and came out as the Sunshine Coast Region Runners Up.

<table>
<thead>
<tr>
<th>RESULTS OF THE DAY</th>
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<tr>
<td>Team played</td>
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<td>Game 1</td>
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<td>Quarter Final</td>
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<td>Semi Final</td>
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<td>Grand Final</td>
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The team will now represent the Sunshine Coast Region at the State Finals in Brisbane on October 11 and 12.

I was very proud of the girls’ determination, skill and sportsmanship. Great team effort!

Helen Anderson
Coach

EQUESTRIAN COMPETITION

The Schools’ Challenge Equestrian Show Jumping Competition recently took place at Nambour Showgrounds with 39 schools and over 120 competitors participating in the day. Caloundra High had 3 talented riders who took part in a range of different events.

Breanna M., from Year 10 and Georga K., in Year 9 competed in the 80-90cm class, with both girls putting on some amazing performances. Breanna placed 2nd and 5th in her couple of rides, which had her finish 4th overall. Georga placed 5th and 6th to finish in overall 7th position. With around 40 competitors in this class, it is a wonderful achievement for both of these girls.

Lauren W., in Year 9 competed in the 60-70cm class and finished her rides in 1st, 2nd and 4th position. These excellent results declared Lauren the overall winner of this class and won herself a brand new saddle for her fantastic effort.

This is the first time Caloundra High has entered a team into such an event. With their brand new school saddle cloths, the girls and their horses looked the part and they all proudly represented the school with the utmost professionalism. The talent on show made for an action-packed day and I highly recommend others to go and watch this event next year.

Tim Bateup
Teacher/Year 9 Coordinator

INTERNATIONAL STUDENTS

WORDS OF THANKS

Recently, one of our German International students who was with us Semester 1 this year, sent us these lovely words when she returned home.

I miss the school and Australia in general!

It was an awesome time in Caloundra, Australia and CSHS. I would have missed something if I had not done it! It was one of the best experiences in my life till now and I would do it every time again!

I would like to thank you all for your help at school and just in general for the nice time in Australia because you all were a big part of it. I was really happy that I had such nice teachers that made a lot of things easier for me. Thank you very much!

I hope you have a good time and I will come back to Australia one day and hopefully see you all again!

Leonie, Germany

HOST FAMILY BBQ & SURFING LESSON

On Saturday July 26, our International students, along with our 11 Japanese study tour students and their host families gathered for a Host family BBQ, followed by their first surfing lesson at “Happy Valley”, Bulcock Beach, Caloundra.
The majority of our International students have been taking surfing lessons each Saturday afternoon for the last 5 weeks. Some students have been keen enough to purchase their own surfboards.

ABORIGINAL WORKSHOP

Our International students had the pleasure of attending an “Aboriginal half day workshop”, where they met a local aboriginal lady who explained the Aboriginal culture, showed them some local artefacts and also did some craft work with them. They were invited to be part of the tribe for the afternoon (hence the face painting) and learnt how to throw a boomerang. I’m not sure how many boomerangs actually came back though …..

The students really enjoyed this experience … which was great to see!!

Helen Wormald
International Student Homestay Coordinator

P&C NEWS

P&C COMMITTEE MEETINGS

2014 General Meetings:

- 8 September, 13 October, 10 November and 8 December
- 6:00pm in the Conference Room, Admin Block, Queen Street
- Student Resource Scheme will be reviewed at the October General Meeting – all parents/caregivers are welcome

AMBASSADOR FUND APPLICATIONS

The P&C Association are very proud of our students and their achievements. It is very rewarding to see students strive for greatness to the best of their potential. The P&C Association has approved funding for the following applications:

- **Luke S.** for selection in the U15’s Sunshine Coast Rugby League Schoolboys competition
- **Logan B.** for selection in the Junior Australian Athletics Championships
- **Sarah M.** for attending the National Youth Science Forum
- **Jemma C.** for selection in the Queensland Secondary Schools Volleyball State Championships
- **Kate M.** for selection in the U15 Schoolgirls State Netball competition

STAFF AWARDS

The P&C received several nominations. Each nomination was carefully considered and the recipients selected from a very prestigious group. It is exciting for our parents to see such work and dedication towards our students.

The June award was presented to **Kele-Jane Broad** and **Amber Williams** for a very successful Drama camp. Unfortunately, Amber was not available for a photo opportunity.

SUBJECT SELECTION NIGHT

The P&C Association were available to meet with parents at the recent Subject Selection Night. This was a wonderful opportunity for parents and caregivers to complete a short survey of 3 questions to help the P&C members to make decisions on your behalf.

SMART CHOICES GRANT

Last Term, the P&C applied for a $1,000.00 Smart Choices Grant and this submission was successful. This enabled our school Canteen to purchase equipment to help with cooking nutritional meals for students. Some of the items purchased...
are: 2 microwaves, 2 stainless steel saucepans, trays, a set of knives and some well needed utensils.

Mrs Lesley Porter
P&C President

COMMUNITY NEWS

CHAPPY’S CHAT

Earlier this month we learned the tragic news that actor Robin Williams had taken his own life. This is not the place to comment on such an event, but it has raised the subject of suicide and mental health issues in mainstream society. How do we talk with our children and teenagers about suicide?

My wife and I were in the kitchen one evening in the days that followed the news of Williams’ death. A friend was visiting and talking with our 7 year old and 10 year old boys in the lounge room and we could hear snippets of the conversation. Our friend - who is a young man in his early twenties - shared a little too much information about the nature of Williams’ death with our sons - and before we could intervene our boys had heard more than their young ears probably should have. We had a couple of conversations after that - with our boys and with our friend. So how do we talk with our kids about suicide?

It’s not enough to ignore the problem and hope it goes away. The most recent ‘causes of death’ publication from the Australian Bureau of Statistics (ABS) indicates that in 2011, suicide was the leading cause of death for young people aged 15-24, followed closely by road traffic accidents. When we consider how much has been invested into road safety to reduce the death toll, surely suicide prevention warrants more attention than it has received.

Below are resources from Headspace to learn more:

Stuart White
Chaplain

SCHOOL DENTAL

The Sunshine Coast Hospital and Health Service is committed to providing free dental services for all children and adolescents who are eligible for public oral health care. All children aged from 4 years of age until completion of year 10 are eligible to receive free care.

The Caloundra Oral Health Service is pleased to be able to offer your child a dental check-up and subsequent treatment appointments, if necessary. Appointments will be provided at the Caloundra School Dental Clinic located in the grounds of the Caloundra Primary School, George Street, Caloundra.

Oral Health forms have been issued through your child’s class. Please complete and return these forms to the school office, if you require an appointment with the School Dental Service. The Dental Staff will make contact parents/carers for an appointment either via a letter or phone call.

From 1 January 2014, the Queensland Government has extended eligibility for free dental care to all children in your family who are eligible for the Child Dental Benefits Scheme (CDBS). This will allow children aged from 2 and up to 17 years of age to receive oral health care through public services, including school dental clinics and mobile dental vans. There will be no out of pocket expenses for parents as services will be bulk billed to Medicare.

Parents and carers of children who are eligible for CDBS must attend appointments. You will be asked to assign the benefit to the Sunshine Coast Hospital and Health Service for the cost of the dental treatment provided by signing a Medicare Bulk Billing form. Assigning the associated CDBS benefit to Oral Health Services enables the Sunshine Coast Hospital and Health Service to fund better health care for the local community.

Please feel free to contact the Caloundra School Dental Clinic on 5491 1311 and staff will be happy to assist you with any enquiries you have with regard to your child’s oral health.

BURSARIES (FR HEFFERAN)

The family of the late Rev Fr Francis Hefferan, Parish Priest of Nambour Catholic Church, set up a Benevolent Fund in 2000, specifically to reward young people for outstanding efforts in academia, the arts, community service or sporting pursuits and to encourage them to achieve their goals.

Applications are now open. Young people between the ages of 15 and 25 years throughout the Sunshine Coast are invited to apply for cash Bursaries and Awards.

Application forms and all relevant information is available from the St. Joseph’s Parish website http://www.nambourcatholics.net/bursary.php (main menu: Fr Hefferan Bursary).

Entries close (12 noon) Friday September 21, 2014.

NO late entries will be accepted. Applications are to be posted to: St Joseph’s Parish Office, PO Box 569, Nambour 4560 or hand delivered to: Parish Office of St Joseph’s Catholic Church, 177 Currie Street, Nambour.

Parish office hours are 8.30am to 2.00pm Monday, (closed Tuesday), Wednesday, Thursday & Friday. Phone number: 5441 1034

IDENTITY THEFT

It is never too early to start thinking about cyber security and awareness with our children.
BLUE LIGHT DISCO – AUGUST 29

DISABILITY AWARENESS WEEK – FAMILY FUND DAY
During the school holidays Queensland Recreation Centres Gold Coast and Sunshine Coast will be running activities for children (8+) and families, from just **$25 per child**. Drop off the kids or join in the fun yourself.

**Giant swing**—a real adrenalin rush. Strap on a helmet and harness, then be hauled up 20 metres. Pull the rip cord and swing awaaaaayyyyy.

**High ropes**—walk the tightrope if you dare. A brilliant activity that combines team work and skill to promote personal development. Participants climb and traverse elements 10 metres off the ground.

**Learn to surf**—professional surf coaches teach introductory skills and surf awareness so participants can safely negotiate the white water and stand up on a board.

**Canoeing**—participants enjoy a paddle along paddle along the picturesque Tallebudgera Creek or Currimundi Lake, witnessing a variety of wildlife in their natural habitat.

**ALSO AT THE GOLD COAST**

**Archery**—learn archery skills in a fun and controlled environment using recurve bows and SAFE arrows. Participants are taught all elements of the sport and practice knocking down targets.

**ALSO AT THE SUNSHINE COAST**

**Alpine rescue**—the course is designed to incorporate leadership, teamwork, trust, communication and problem solving skills to complete what sometimes looks like an impossible task.

**Flying Fox**—leap out of your comfort zone! Step off our 10m high platform and quickly accelerate to speeds of up to 60km/hr as you zip along our 90m line. An adrenaline pumping, heart racing activity that helps build self-confidence.

**Stand up paddle boarding**—one of Australia’s fastest growing recreational sports. Participants are taught basic paddle strokes and board control then embark on a trip across Currimundi Lake.

FOR MORE INFORMATION OR TO REGISTER, GO TO [WWW.NPRSR.QLD.GOV.AU/COASTCLUB](http://WWW.NPRSR.QLD.GOV.AU/COASTCLUB)

Great state. Great opportunity.
During the school holidays Queensland Recreation Centres Sunshine Coast will be running activities for children (8+) and families, from just $25 per child. Drop off the kids or join in the fun yourself.

**GIANT SWING AND ALPINE RESCUE**
- Child: $25  
- Adult: $30  
- Session times:
  - Monday 22 September 9am to noon  
  - Monday 29 September 9am to noon

**HIGH ROPE AND FLYING FOX**
- Child: $25  
- Adult: $30  
- Session times:
  - Tuesday 23 September 1pm to 4pm  
  - Tuesday 30 September 1pm to 4pm

**CANOEING**
- Child: $25  
- Adult: $30  
- Session times:
  - Wednesday 24 September 9am to noon  
  - Wednesday 1 October 9am to noon

**STAND UP PADDLE BOARDING**
- Child: $25  
- Adult: $30  
- Session times:
  - Thursday 25 September 9am to noon  
  - Thursday 2 October 9am to noon

**LEARN TO SURF**
- Child: $25  
- Adult: $30  
- Session times:
  - Friday 26 September 9am to noon  
  - Friday 3 October 9am to noon

**SUNSHINE COAST**
80 Currimundi Road,  
Currimundi Qld 4551  
For enquiries, please phone us on (07) 5420 7500.

For more information or to register, go to [WWW.NPRSR.QLD.GOV.AU/COSTCLUB](http://WWW.NPRSR.QLD.GOV.AU/COSTCLUB)

Great state. Great opportunity.
Learning objective: build your kids cyber street smarts. You can’t start cyber security and awareness too early. Kids need to be streetwise and cyber smart as early as they can be. The longer you leave it, the more at risk they will be and the people and institutions they interact with. Criminals are just waiting for them to act before they think.

The Fundamental Six: here are six fundamental tips to build into your discussions and curriculum for kids on identity theft and the online environment:

(i) Check before you click – ask yourself, am I comfortable with the information I’m about to share online? You’ve got to assume someone else is able to access what you share (criminals and future employers to name two!)

(ii) Don’t accept the default – configure your system to its highest security settings. The default settings for most aren’t that high and assist direct marketers track your child’s movements online to target their products more effectively.

(iii) Be strong and regular – we don’t mean in a digestive sense. Create strong passwords (recommend case sensitive, alpha-numeric passwords of at least nine characters). Change these regularly and ensure you have disabled your “key-chain” (for Macs).

(iv) Don’t wait to update – run your virus scans regularly and ensure you download the latest updates. That means for your mobile and tablet devices too.

(v) It’s awesome to ask – if you are a little unsure about what to do ask a friend or family member. It’s not awesome to keep quiet.

(vi) Do all devices – don’t forget that anything that has connection to the Internet needs all of the above. Don’t forget your smart phones, tablets, laptops as well as your PCs.

Some Real Life Discussion Promters

(i) Sally saw a post from one of her friends asking for details about her first school. Sally sent her what she needed and then saw another request for details on her Mum’s maiden name (name before she got married). Her friend said it was for a project. Sally passed the details. What she didn’t know was that her friend wasn’t posting on her social network, it was someone who had stolen her friend’s identity and now Sally was the target. What would you have done if you were Sally?

(ii) Jono’s Dad just bought his son a tablet to remain connected when he goes away on holidays. He’s just synced his new tablet and has all the great apps he previously downloaded on his Dad’s tablet. Jono’s just started to use online banking and always has trouble remembering his account number and password. To make it easy he’s saved these details in his “Notes” application on the tablet. Whenever the option presents he also requests that his other applications remember his usernames and passwords. Why should or shouldn’t Jono do this?
Some Real Life Discussion Prompters

(iii) Eve was just emailed a fantastic opportunity to complete a survey where she was a great chance of winning a trip overseas. The email came from a well-known company for its security awareness. Eve got right to it. The questions were pretty detailed, including date of birth, place of birth, where she banked and with who, how much she spent each month, what she purchased, whether she had any brothers or sisters. It took about twenty minutes to complete before she hit submit. Within a short time Eve received an email from her Brother asking to confirm her banking details. What would you advise Eve to do?

(iv) Cody just got a call on his mobile from his service provider stating that they have just detected a fault with his account and that there is a better plan they can put him on. The operator asks Cody to confirm his full name, date of birth, email address and account number. Cody provides these details and the operator tells him he will receive details on the new plan via email. Cody receives the email and clicks on the link provided for details of the new plan. A few days later his mobile phone stops working and his bank advises him that there have been a number of transactions on his bank card that need him to confirm they are correct. How do you think this has happened?

If something bad happens or is suspected of happening, here’s some ID First Aid we recommend: