



Caloundra State High School P&C  
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Phone: (07) 5436 8484  
Where Parent/Carer Partnerships Make a  
Difference

## September 2024 – CSHS P&C Newsletter

As we approach the end of Term 3, I would like to take this opportunity to update you on some exciting developments within our school community. The Parent and Community (P&C) Committee has been working hard to enhance the overall experience for our students, parents and staff. This year, we have had the privilege of working with the school to purchase the new school bus, engage Architects for the stage 1 Masterplan for the centenary vision of our school including details for the proposed and much needed multi -purpose hall. We have welcomed new members into the P&C and donated funds to all awards across the cohort and snapped up a sponsor for more rewards for our hard-working students and staff. We successfully held our inaugural Trivia Night, held a sausage sizzle at Music night and met with many inspiring, Caloundra Business owners.

### 1. **Online Lunch Orders:**

We are thrilled to report the success of our online lunch ordering system. This convenient and user-friendly platform streamlines the process of ordering lunches for your children, providing a variety of options and ensuring a smooth and efficient experience. You can utilise this fantastic feature available Tuesday through Friday through the [QKR App](#). Volunteers are always welcome and are a huge part of our P&C family.

### 2. **Uniform Shop:**

Open Monday, Tuesday, Thursday and Friday 7.30-8.30am and through the [QKR App](#).

### 3. **Coffee Machine Upgrade:**

For those early mornings and busy days, we understand the importance of a good cup of coffee, tea or hot chocolate. Parents, staff and students are welcome to enjoy a cup of our delicious coffee. Open from 7.15am every morning. Why not grab a breakfast burger as well!

## **\*\*Important Announcements and Reminders: \*\***

We are excited to announce that there will be a community event planned for Term 4 in relation to:

### **“The Teen Brain.....” FREE EVENT**

- **When:** TBA
- **Name of Presenter:** Dr Michelle Kennedy
- **Title:** Youth Mental Health Researcher & Leader School Programs
- **Institute:** Thompson Institute(TI) & National PTSD Centre (NPTSD Centre) part of UniSC.  
**Bio:** Dr Kennedy is an experienced educator and researcher with over 30 years of teaching and counselling experience, and specialises in students with mental health issues that impact student learning. Her research focuses on how children and adolescents adjust to stressful events. In particular, transitions to primary and high school and how these transitions can be associated with increased anxiety and attention issues, with reactions greater if there are previous attachment/trauma issues. Her combined teaching and research experience in child and adolescent mental health offers a depth of knowledge rarely seen in the youth mental health space.
- **Session Information:** The transition to high school can present challenges for some, whilst others readily adjust. We will discuss adolescent brain development and suggest strategies for supporting our students during this transition. There will be an opportunity for Q&A.

## Giant Christmas Raffle

Tickets for our giant Christmas online raffle will go on sale from Week 1 Term 4. With a prize pool valued over \$2000. Draw will be held in Week 9. Please check the [P&C facebook page](#) for the link that can be shared - coming soon!

Please stay connected with us through our official communication channels for any updates or changes to the schedule, canteen and uniforms. You can find us on [Facebook](#) search [Caloundra SHS P&C](#).

### **Get Involved:**

The P&C Committee welcomes new members and volunteers. We are currently seeking BBQ crews, grant writers and raffle ticket hustlers. If you are interested in contributing your time and skills to support our school community, please reach out to us at [caloundrashspandc@eq.edu.au](mailto:caloundrashspandc@eq.edu.au)

Wishing you a wonderful school holidays, be safe, be kind and find some time for you!

Nina Lapworth  
CSHS P&C President