

From the Principal.....

7TH September, 2009

Without drawing premature conclusions about the shocking incident at Mullumbimby High School last week, I have spoken to all year levels about the issue of violence in our communities which seems to have spilled into our schools.

The Redlands community is no stranger to death as a result of violence and I reminded students of the horrendous impact such tragedies have on all involved.

I stressed to all students the need to be conscious of how insignificant issues can easily escalate into violence and to be ready with strategies to ensure that they do not find themselves in a dangerous situation:

- Try to talk through any conflicts
- Walk away (and true friends walk with you)
- Seek help from someone reliable

After all, real courage and strength is shown by those who don't use their fists.

Alexandra Hills State High School takes the issues of bullying and harassment very seriously. Recent Australian research (from RMIT) suggests that up to 50% of young people, who are bullied, may not always tell adults, as they may be afraid or ashamed. This may result in a student being victimized for a prolonged period of time before it is discovered and carries the potential for serious short, medium and long-term side effects.

In order for the school to carry out its duty of providing all students with a safe environment in which to learn, grow and develop – the school seeks to enlist the support and co-operation of all parents in the school community.

In addition to the standard preventative measures endorsed and practiced by schools across the world, our school is committed to working in a proactive manner with parents.

In the light of the RMIT research, I wish to share with parents some of the signs that they need to be alert to.

Young people who are being bullied may display one or (usually) several of the following signs:

- come home from school with torn or disordered clothing, with damaged books.
- have bruises, injuries, cuts, and scratches that cannot be given a natural explanation.
- not wanting to go to school and finding excuses to stay at home (for example, feeling sick).
- wanting to go to school a different way to avoid the children who are bullying them.
- being very tense, tearful and unhappy after school.
- talking about hating school or not having any friends.
- refusing to tell you what happens at school.
- do not bring classmates or other peers home after school and seldom spend time in the homes of others
- may not have a single good friend to share free time with (play, shopping, sports and musical events, chatting on the phone, etc.)
- are seldom or never invited for parties and may not be interested in arranging parties themselves (because they expect nobody wants to come)
- appear afraid or reluctant to go to school in the morning, have poor appetite, repeated headaches, or stomach pains (particularly in the morning)
- choose an "illogical" route for going to and from school
- have restless sleep with bad dreams, may cry in their sleep
- lose interest in school work and get lower grades
- appear unhappy, sad, depressed, or show unexpected mood shifts with irritability and sudden outbursts of temper
- request or steal extra money from family (to accommodate the bullies)

These signs may not necessarily mean your child is being bullied, but if present, it is necessary to check out what is worrying your child and to inform a staff member as soon as possible. In the meantime, parents should be assured that the school is committed to continually reviewing its policies and practices in respect of bullying and harassment and will focus particularly on the issue during our triennial school review this year

Mrs Gail Armstrong
PRINCIPAL

Redland's Musicians Shine in '09

Students from Alexandra Hills and Wellington Point State High Schools recently took part in a six day music and cultural tour of Sydney and Canberra. It was a very exciting trip with performances, tours of historic and culturally significant buildings and some great leisure activities.

The tour kicked off in Sydney with a hectic day that included:

- A tour of Sydney Opera House
- A jet boat ride on Sydney Harbour
- A ferry trip under the Sydney Harbour Bridge
- A performance by all groups at Darling Harbour
- A monorail ride to Centrepont Tower
- A delicious buffet meal at the revolving restaurant in the Sydney Tower.

The next day saw all the band students head off the Victoria Barracks for a performance and workshop with the Australian Army band. This was a great experience and inspired some students to think about joining defence force music programs in the future. The whole group then travelled to Canberra to settle in to our new accommodation and get ready for a session of Indoor Rock Climbing.

Day 3 held some very special experiences with a performance in the Great Hall of Parliament House. We would like to thank our Federal Member, Andrew Laming, for attending this performance and presenting each school with a certificate to commemorate the event. The year 12 students along with Mr Harvey were then whisked off to the National Press Club to attend the televised lunch and address by Minister for Youth, Kate Ellis.

The Choir and a small instrumental group had the very great privilege of performing for the closing ceremony at the War Memorial. Very few schools are given this honour and their rendition of the traditional hymn 'Abide With Me' on the steps above the eternal flame was an extremely moving experience for performers and audience alike. The following morning was our last performance for the tour. All groups played for the students at Forrest Primary School. It was a chance to let our hair down and have some fun. The audience participation was great and Mr Sharp may lose his job as director of the Big Band thanks to the spectacular conducting skills of one of the primary students.

Our final day was devoted to civics education with all students participating in role plays at Parliament House as members of the House of Reps or Senate.

We would like to thank the Australian Government for their support of the student's civic education through the PACER programme. They provide a rebate for each student to help with the cost of travelling to the National Capital and participating in educational programs at the Australian War Memorial, Parliament House and Old Parliament House.

We would also like to acknowledge the help and support of the following people. Sue Emmett for organising the tour shirts and jackets – the students looked fabulous. Mandy Chiverton, Maree Hylands-Hopley and parents of the All Music Program Supporters for their fund raising efforts. Bill Sharp, Lyndal Murphy and Nathan Harvey for their supervision and leadership during the tour. Joanne Wolfe for the huge job of organising the tour. Alan, Christine and the team at Topline Coach Tours who put in so much effort with organising the itinerary and driving us there and back safely. The staff and students from Wellington Point State High School for their hard work and great behaviour. The AHSHS students who went on tour - your behaviour was exceptional and you were great ambassadors for Alexandra Hills State High School.

2009 VISUAL ARTS

The Visual Arts Department is again staging our **annual all-school Art Show**. We aim to exhibit pieces by all art students, so a wide variety of artwork will make up this exciting display on

☆ Calendar of Events ☆		
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07/09	Monday	
08/09	Tuesday	
09/09	Wednesday	Year 8 General Enrolments 3:30pm-7:00pm School Hall
10/09	Thursday	
11/09	Friday	International Students' Lunch
14/09	Monday	
15/09	Tuesday	
16/09	Wednesday	Year 11 Maths Excursion (Maths B)
17/09	Thursday	Year 5 Instrumental Music Day
18/09	Friday	End of Term 3

CASUAL WORK

If you would like to be on the Relief List for casual cleaning work at the school (hours are 5:00am to 8:00am and 3:00pm - 6:00pm) please leave your name and contact details at the school's office.

**If your child is absent from school, for any reason,
please utilise the school's
Absence Line 3820 1402**

From the Deputy Principals

NOW ENROLLING FOR YEAR 8, 2010

General Class enrolments are taking place on Wednesday 9th September. No appointment is necessary.

Interviews take place from 3:30pm – 7:00pm in the school Hall.

Sport Report



Sports Awards Night

Sports Awards will be given to students who:

- Have been members of District Champion teams
- Have represented the District / Region and/or State
- Have been awarded the "Best and Fairest" player by their coaches
- Have achieved outstanding representative honours in sports outside of the QSSSA banner

The presentation night will be held on Wednesday 21st October, in the school hall, commencing at 7.30pm. Invitations are available from the HPE staffroom and **RSVP is required by Friday 18th September. Students who do not attend the presentation night will not receive their awards.**

A raffle and lucky door prizes will be drawn on the night. If parents are able to donate prizes, it would be greatly appreciated. Please contact Rachel Graves at the school for further information.

**Vienna Woods Fete
Saturday 24th October 10:00 am – 3:00 pm
Wristbands for unlimited rides can be pre purchased
for \$25**

Monday 12th October. Everything from digital animation and image prints, to sculpture, ceramics and installations to inhabit and interact with, to giant paintings, will be set up **in our hall**.

The Helene Kempe Art Award will be awarded by our guest judge. We are very pleased to welcome back one of our valued former students for this huge, but enjoyable task. This year Jessica Ebser, currently working on a PhD in Art History, will do the honours for us. There will also be year level prizes awarded across the school. We look forward to seeing you between 5:00pm and 8:00pm. Some light refreshments will be provided. The Show will be officially opened by our Principal, Mrs Armstrong and the awards will be presented at 6.30pm.

The following **Thursday, 15th October** sees this year's **School shorts-Our film, television & new media showcase**. This is the annual screening of our best Film and Television productions.

The All-School Media Award will be judged and presented on this night. A selection of student work from years 8-10 Media, Senior FTV and Creative Arts -Media Studies and our "Kids Witness News" team will be on display. A past student, now working in this field, will be our guest judge. The evening **starts at 7pm, in our hall**, on the big screen.

All family, friends and other members of the school community are very welcome to attend both events, to support the students who have worked so hard to produce what will be a visual feast!

Captains' Corner...

Welcome to yet another edition of the Captain's Corner; the place to visit to find out what's happening, what has happened and what is being planned.

Two weeks ago, the students came together from all year levels to 'let loose' in what turned out to be an intense dodge ball competition. Throwing soft balls at each other seems to be a fun way to relieve stress – especially for those of us facing QCS and others exams! The hall was again filled to capacity with an electrifying atmosphere, the music was blaring as teams used the five D's of dodge ball: dodge, dive, dip, duck and Dodge. We plan to run these types of lunchtime activities each week, hopefully to the end of the year. Keep posted to hear more about project **UNITY** every Thursday, on full school parade.

This week will we be playing indoor soccer in the hall, and of course students can look forward to more music playing during lunchtimes. We encourage all students to come down to the hall to have a kick and do a little dance!

Just recently, the 40 hour famine took place and a remarkably high number of participants took part in what is really a worthwhile cause. Students developed a greater appreciation for what they have, compared to an unfortunate number of people living in poverty. As a school we are on track to reach our proposed target of \$1600. Many of the seniors led by example, including one of our Sports Captains, Michael Genero, going blind-folded for the whole 40 hours, Steph Gardner (Italian Mentor) going without speaking for 40 hours (an achievement in its own right!) and Samantha Moorman (Maths Mentor) donating \$50 out of her own money. Such great role models should serve as an **Inspiration** (the 'I' in UNITY) for all other students! Just remember you can still raise money and even donate yourselves and our Chaplaincy Mentors will continue to accept donations until the end of term, so be sure to get behind them!

That's all we have time for folks, until next time, we're your School Captains, Steve, Corbin, Lauren and Kathleen, we'll see you the same place, next 2 weeks, here at the Captains' Corner...

Opportunities for Year 12's

QTAC Sessions

Year 12 students have been attending one Wednesday afternoon session each to inform them of the process required to apply for University or TAFE for 2010. These sessions are compulsory. I will also be running lunchtime sessions in Week 9 and 10 to help your son or daughter complete their online QTAC application.

Equity Scholarships

Any student or their family who is in receipt of Centrelink payments should apply for an equity scholarship at their chosen University.

QUT Q-Step Equity Scholarships include a \$500 bursary plus additional financial support to students who need ongoing financial support. In addition to this, students may also receive up to 3 bonus OP bands.

UQ Link. Students apply to the program and if accepted will receive a \$500 bursary plus be considered for a \$3000 a year scholarship for up to four years. A further 100 Wotif Scholarships valued at \$6,000 for up to four years will also be provided to students who meet two of the following criteria: Indigenous Australian, Financial Hardship, Remote isolation, 1st in Family Status (parents have no post secondary qualifications).

Griffith Equity Scholarships have not opened as yet.

Academic Scholarships

QUT, Griffith and UQ all offer lucrative financial support to high achieving students valued up to \$36,000 over 4 years – that's right NO HEC's FEES. Applicants achieving OP 1 – 6 should consider applying.

Further information can be gained by visiting individual Uni websites and clicking on the scholarships tab or by your son or daughter seeing Mrs Bourke in The Hub on Thursday or Friday.

Mrs Jenny Bourke
Guidance Officer (Thursday/Friday)

Year 10 and 11 Scholarship Opportunity for 2010

RSL YOUTH DEVELOPMENT PROGRAM

The Returned & Services League (RSL) of Australia (QLD Branch) and Bond University have joined forces to offer the RSL Youth Development Program to Queensland Secondary School students.

This program offers grants of \$2,600 to grade 10 students and \$5,200 to grade 11 students who have demonstrated success in their Sporting, Academic or Community-based involvements. Last year we awarded over \$500,000 of grants to deserving students throughout Queensland. Applications are now OPEN and will close on Wednesday, November 11, 2009 at 5pm. Grade 10 and 11 students wishing to apply will need to complete the online application at www.rsl youth.com.au and can seek more information by contacting Kristy Manyweathers on 5595 1067 or RSLyouth@bond.edu.au

See Mrs Bourke for further information (Thurs/Friday)

Youth Leadership Scholarship Program

Rotary Club Cleveland is offering two \$1000 Scholarship to a Year 10 and Year 11 student who have displayed outstanding leadership within their school and/or community. The money can be used to pay for school fees, textbooks, other school related costs and/or leadership camps. See Mr Beverley or Mrs Bourke for an application brochure.

Applications close September 17 and should be handed into the school office.