FROM THE COLLEGE PRINCIPAL …

Dear Parents, Staff and Students...

Welcome to the New Year. Welcome back to all our existing families and I especially welcome all those families new to the College and to our new staff who join us for the first time. Even though it is February, the year has really just begun for many and certainly the school year is getting under way with a hive of activity. I hope that 2016 brings many opportunities for all, with much success, good health and happiness.

Staffing….We welcomed several new staff to our College community this year and some of them have already met with your children. The following list of staff have been appointed to the College:

Senior Results 2015....

<table>
<thead>
<tr>
<th>Staff</th>
<th>Senior Campus</th>
<th>Staff</th>
<th>Junior Campus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Katie Blood</td>
<td>Dance</td>
<td>Karen Hoelscher</td>
<td>Prep</td>
</tr>
<tr>
<td>Robert Cameron</td>
<td>Maths/Science</td>
<td>Roxanne Marshfield</td>
<td>SEP</td>
</tr>
<tr>
<td>Natalie McClatchey</td>
<td>Business/Maths</td>
<td>Amber Phillips</td>
<td>Year 1</td>
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<td>Natalie Willcocks</td>
<td>Dean</td>
<td>Maddison Hooley</td>
<td>Year 5</td>
</tr>
<tr>
<td>Raj Sarowa</td>
<td>Maths</td>
<td></td>
<td></td>
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<tr>
<td>Nerida Cochrane</td>
<td>SEP</td>
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</tbody>
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We are particularly proud of our senior data. 80% of OP eligible students achieved an OP 1-15. Additionally, 100% of seniors were awarded a QCE or QCIA. Congratulations graduating class of 2015.

Our Goals for 2016...

The beginning of the school year is the time to layout the agenda for the next 12 months. We know that a sharp and narrow focus is a common trait of highly effective and successful schools. This translates into being explicit and clear in setting no more than two or three school-wide targets for improvement. This year we will be focusing on Reading, Higher Order Thinking and Technology.

The teachers and I spent the student free days exploring our pedagogical framework and being clear on the strategies we will put in place to deliver on our improvement agenda. Our goal is for all student to achieve National Minimum Standards for Reading, unless they are on a plan. We also aim for 80% of students to achieve a C or better and 20% to achieve an A. Last year 87.5% of students achieved a C or better and 16.1% achieved an A. We have high expectations for our students and their academic success and appreciate the support you give by ensuring they are at school every day and completing homework and assessment on time. They say it takes a village to raise a child, we are very fortunate to have such a supportive village.

Smooth start to the year… I ask that all students walking to and from school take care and follow the road rules. It is also important that parents dropping and picking up students are mindful and courteous towards pedestrians, other traffic and importantly our local residents during pick up and drop off.
**Minor Works Projects**

Over the holidays, several projects were undertaken and have been completed in time for the start of the school year. Works conducted include new sinks and mirrors throughout the student amenities across the College, new ceiling fans and lights across the College along with roofing and grounds work.

**Scholars**

This year we have introduced scholars’ classes in year 7 to 10. The application process was very competitive with students being selected on outstanding academic achievement coupled with exemplary behaviour standards.

**Captains**

In my dealings with the 2016 Captains, I have been impressed with the calibre of our new leaders. The 2016 Captains are

**Junior Campus:**  
Captains—Sam Catlow-Elliott and Jada Harris  
Vice Captains—Ryan Mead and Jolie Hoffman

**Senior Campus:**  
Captains—Taylor Simons and Lachlan McDonald  
Vice Captains—Natalia Stacey and Daniel Watson-Petrovic

Our Captains together with other members of the leadership team will be invested at a special parade on Tuesday 23 February.

**Uniform**

It is important that students wear all elements of the uniform correctly including black leather lace up shoes. I ask parents to support the school as we strive to be the College of choice in the Redlands. It is also important that students wear the College hat to protect our students from the sun. Please help us drive home the sun safety message in the skin cancer capital of the world in which we live.

**P & C Annual General Meeting**

The first P&C meeting of the year will be held on 22 February and the AGM will be held on Monday, 21 March from 7pm. I hope to see as many parents at that first meeting as possible, nominations for executive positions are welcome.

**Channel 10 News**

The Chanel 10 weather report will be broadcast from the Junior Campus on 22 February.

*Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending.*  
— Carl Bard

I encourage you all to make “a brand new ending” this year and to be your best.

Bronwyn Johnstone  
College Principal

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**PAYMENTS / UNIFORM SHOP - CLOSED ON MONDAYS**

Payments for (Uniform Shop, Excursions, Contributions, etc) will be accepted in 2016 between 8am and 2pm Tuesday to Fridays.

Please note both the Junior and Senior Campus offices will be CLOSED for payments on MONDAYS.

The Uniform Shop will be open Tuesday to Friday between 8am—2pm. The Uniform Shop will be CLOSED MONDAYS.
What is a QCE?
The QCE is Queensland's senior school qualification, which is awarded to eligible students usually at the end of Year 12. Every young Queenslander must be registered with the Queensland Curriculum & Assessment Authority (QCAA) during the year before the young person's compulsory participation phase begins. Generally, schools will register young people in Year 10.
The QCE offers flexibility in what is learnt, as well as where and when learning occurs. Students have a wide range of learning options which can include senior school subjects, vocational education and training (VET), workplace and community learning, as well as university subjects undertaken while at school.
To be awarded a QCE, students must have at least 20 credits in the required pattern, and fulfil literacy and numeracy requirements. For further information on the QCE please visit the Queensland Curriculum & Assessment Authority website at www.qcaa.qld.edu.au

Monitoring and Support:
Currently in Senior Schooling, staff at Capalaba State College are monitoring the progress of all Year 12 students in achieving their QCE. We are tracking achievement results from Year 11 and checking Literacy and Numeracy requirements, completed core and sufficient credits to ensure that all students have the best opportunity, in a supportive environment, to be awarded their QCE. If your son or daughter is considered to be at risk of not achieving their QCE, you can expect a phone call or letter in the next few weeks from either Mrs Johnstone (College Principal), Mr Mayfield (Head of Senior Secondary) or Ms Dean (Head of Department, Senior Schooling) to arrange an interview to discuss strategies to improve outcomes in regards to the QCE.

Students monitoring their QCE:
All students can monitor their individual learning accounts. When a student is registered with the school, the QCAA opens a learning account for them. The learning account records details of learning and results of any completed studies. Students are able to access their learning account through the Student Connect website at www.studentconnect.qcaa.qld.edu.au. Students will need their Learner Unique Identifier (LUI), found on their student ID card, to access their learning accounts as well as a password drawn from the date and month of their birthday.
We encourage all Senior students to access and monitor their learning accounts.

Year 11 and 12 students and TAFE
A number of students have come to the Senior Schooling office in these first few days of the year making inquiries in regards to TAFE programs. These programs were offered to students in September last year. We have been able to find one student a course due to a cancellation but this was just good fortune smiling on that student. Please encourage your young person to listen to daily notices, especially around September, if they are interested in such courses.

Year 11 and 12 students and Wednesdays

Year 12: Currently only our Year 12 students eligible for an O.P. and undertaking Q.C.S. preparation are at school. The exceptions are newly enrolled Year 12s, who need to undertake the Certificate 2 in Workplace Practices to ensure that they achieve their Q.C.E. After Easter, we will be recalling any Year 12 who has not achieved the 5 core competencies and they will need to attend Periods 1 & 2 each Wednesday.

Year 11: All students were required to undertake their 5 core units which they began in 2015. I am happy to announce that a number of students have completed these competencies and were signed off on the 3rd February. All students completing these core units will bring home a letter, signed by their Certificate 2 in Workplace Practices teacher explaining their particular circumstances. Some will not be required further while some will need to return in term 4 to begin QCS preparation.
Please note: if they do not have a letter, they need to be at school on Wednesdays.
Exceptions to the rule: Some students completed a Certificate 2 in Year 10 and are able to present their certificate to Mr Mayfield and apply for an exemption from completing the Certificate 2 in Workplace Practices. Mr Mayfield will evaluate each student’s circumstances and if he decides it is no longer necessary for the individual to complete the Certificate 2 in Workplace Practices, he will undertake the change of subject process. This involves the student taking home a yellow “change of subject form” to obtain parental approval of the change of subject from Certificate 2 in Workplace Practices to Study.

If you would like further information or you have questions about any Senior Schooling matters, please contact Jessica Dean – Head of Department Senior Schooling on 3823 9114.

Capalaba State College

2016 School Photography Days
Day 1 - Thursday February 25th 2016 - Senior School Portraits
Day 2 - Friday February 26th 2016 - Junior School Portraits
Day 3 - Friday July 29th 2016 - Junior School Co-curricular Groups
Day 4 - Thursday August 18th 2016 - All of Year 12 and Senior Co-curricular Groups
Order envelopes will be sent home early Term 1, 2016.

Silver Rose Photography
846 Sandgate Rd, Albion, QLD 4010
Phone: 07 3823 5788
email: schools@silverrose.com.au

2016 School Photography
Products & Prices

Premium Portrait Set $40
• One Booklet
• Three 13x18cm Portraits
• One 12x18cm Calendar
• Two 9x13cm Year Portraits
• Two 6x9cm Wallets
• Four 6x9cm Snap Shots
• One Black & White Cameo
• Two Bookmarks
• Free high resolution portrait download

Just Photos Package $38
• One Booklet
• One 20x25cm Portrait
• Two 9x13cm Portraits
• Four 6x9cm Wallets
• Free high resolution portrait download

Booklet Only $28
• Large Portrait Photo
• Class & Year Level Composite
• A message from the principal
• Your school information
• Photos of your school

Year Level Composite Folder $22
Class Composite Folder $22

For more details please call Silver Rose Photography on (07) 3823 5788

Capalaba State College
Web: www.capalabasc.eq.edu.au
E-Mail: info@capalabasc.eq.edu.au

Senior Campus
Phone: 07 3823 9111
Fax: 07 3823 9100
Absence Line: 07 3823 9166

Junior Campus
Phone: 07 3823 9333
Fax: 07 3823 9300
Absence Line: 07 3823 9360
Welcome to 2016
Welcome everyone to the 2016 school year.

We are already two weeks into the new school year and the business of teaching and learning on Junior Campus is underway. We welcome back all of our continuing families and thank you for your ongoing support.

We have also welcomed many new families who have joined us for the first time this year. We have included some photos of our start to the school year in this newsletter.

Junior Campus Carparks
The start of the school year is always a very busy time for parking around the Junior Campus and new parents are getting used to parking locations and rules. To help with this, here follows a brief outline of all the Junior Campus carparks:

- Inside our Junior Campus, there are no carparks available for parent parking. The two carparks inside the grounds, near the swimming pool and next to administration, are designated for staff parking.
- The major carpark for parents is located on the corner of Mt Cotton Road and School Road with access from School Road. This carpark is not actually on school grounds and is therefore not managed by the school. It is controlled by Redlands City Council and from time to time, council officers visit the carpark to ensure compliance to council carpark rules. The major rules for this carpark are firstly, to park within designated spaces and not on footpaths and secondly, to reverse park for the safety of pedestrians. This carpark also has a designated disability carpark for people who have correct parking permits.
- Street parking is permitted along School Road unless zoned for buses and on Mt Cotton Road towards the southern end of the campus. A drop off zone operates on the school side of Mt Cotton Road with a two minute wait limit applying.

We thank all parents and carers for their patience and consideration when parking and driving around our College.

Meet the Teacher Evening
Our annual Meet the Teacher event is approaching with this activity planned for Monday, 22 February.

Once again this year, our College P&C Association will be hosting a barbecue sausage sizzle free of charge to families who attend this event. Class meetings offering you a chance to get to know your children’s class teacher, classroom procedures and your child’s learning schedule for the year ahead will be scheduled as follows:

Channel Ten will be broadcasting their weather segment from the Meet the Parent night.

Class meetings will occur around this barbecue as follows:

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.30-6.00pm</td>
<td>Prep, Year 1 &amp; Year 2 Class Meeting</td>
<td>Classrooms</td>
</tr>
<tr>
<td>6.00-6.30pm</td>
<td>BBQ Sausage Sizzle</td>
<td>Undercover Parade Area</td>
</tr>
<tr>
<td>6.30-7.30pm</td>
<td>Years 3-6 Class Meetings</td>
<td>Classrooms</td>
</tr>
</tbody>
</table>

We hope to see as many of you as possible at this gathering as this is an important opportunity for parents to become involved in the education of their children. Looking forward to seeing you there.

Regards
Lachlan Thatcher
Junior Campus Principal
Welcome to new and existing Junior Secondary parents

Junior Secondary students have had a great start to the year. We have welcomed the Year 7 students to the campus and students received a sausage sizzle and ice blocks which were well received. On Wednesday night, we had the Year 7 Meet the Teacher night which allowed parents to meet their child’s Year 7 Form teacher to discuss routines and concerns. The form teacher is the first person parents should contact if there are any concerns about their child’s well-being. Parents can also contact Natalie Willcocks, Dean of Students, if they wish to discuss uniform and pastoral issues. Year 7 students received information regarding the Canberra trip so please contact the office if you did not receive this information.

Our Year 9 students will be going on camp next week for 3 days. They will be learning leadership skills at Edmund Park as they will lead the Junior Secondary cohort this year. School camps are a great way to bond with other students and to learn resilience skills away from home.

Extra-curricular nominations have already begun so please encourage your child to sign up to do at least one activity this year. Debating, sport and instrumental music nominations have already been expressed in the daily notices this week. If you wish to receive more information about extra-curricular activities at the school, please contact the office.

Homework Club will begin on Monday from 2:40pm – 3:30pm in the library. Students are encouraged to attend these free sessions with classroom teachers and myself.

Junior Secondary leadership positions 2016

Over the past few weeks, fourteen Junior Secondary students nominated for the leadership positions. It was wonderful to see so many students apply for the leadership positions. The students wrote to the selection criteria, went through an interview process and then took part in the voting process. All students were exemplary throughout the entire process. Tyson F, Rachael A, Shania I and Aaliyah W, have all been elected to represent the Junior Secondary students in 2016. Their role and responsibilities this year include:

• shadow the Senior Secondary Leaders (College Captains)
• assist with the running of Junior Secondary Assembly
• run College Assembly in absence of College Captains
• involvement in SMT by linking into one of the committees (Cultural, Sport, Environmental or Citizenship)
• model by example
• involvement in the Year 6 Transition Program
• host Junior Secondary Meet and Greet
• promote Class competitions within Junior Secondary
• enhance and promote Junior Secondary Identity
• promote PBS
• involvement in Student Leader Development programs

Preparing for Success

Over the next few weeks, students will be completing assessment tasks. It is important for students to study and plan for their assessment tasks in advance so that they are well prepared. Students will soon receive an assessment planner that outlines their assessment due dates for the semester. Students are encouraged to write their assessment due dates in their diary. They should be seeking feedback from their drafts from their classroom teacher so that they can improve the assessment piece before their due date. Attendance during this period is extremely important. Please do not hesitate to contact me if you feel that your child is not coping during the assessment period or if you feel that they are not organising themselves well.

Kylie Barrett, Head of Junior Secondary
I am happy to report that the Science Department have been working hard to make 2016 the most exciting year yet at Capalaba State College. The student free days at the beginning of the year gave the science staff the opportunity to work together to enhance the science curriculum and incorporate new ideas gained at STEM professional development workshops. STEM stands for Science, Technology, Engineering and Mathematics and is fast becoming the new ‘buzzword’ in education. It is not without good reason. A recent federal government strategy paper stated that, “It has been estimated that 75% of the fastest growing occupations require STEM skills and knowledge”. We hope to further incorporate the development of these skills into the science and maths curriculum here at Capalaba.

In other news, I have been working hard with my Year 11 Biology students to further develop the practical and report writing skills necessary to complete their Extended Experimental Investigation or EEI. This year both the Year 11 and Year 12 student’s first assessment task will be an EEI. This task involves developing a hypothesis on a given topic, where they will design and perform an experiment to test this hypothesis. This year’s EEI will be on the topic of enzymes. The students have been doing lots of practise during laboratory work in the classroom.

This year the Science department wanted to enhance the opportunities for our students to learn in settings outside the classroom. Early in Term II, the Senior Biology students will be attending Jacobs Well Environmental Education Centre for a 2 day camp to complete their field studies in ecology. We look forward to an exciting experience where students get to participate in activities such as ‘trawling’ aboard the centres specially designed ‘Educat’ in Moreton Bay.

Planning is in place for the Year 7 Science students to go to Numinbah Environmental Education Centre in May for a day trip to complete field work as part of their ‘Water: waste not want not’ unit of study. In April Year 9 Science students will be going to Currumbin Wildlife Sanctuary as part of their Ecology Unit and later in the year the Year 8 students will be attending a full day ‘Energy Futures’ workshop at Toohey Forest EEC.

If you have any questions about how your young person may be progressing in their Maths or Science studies this year please feel free to contact their teacher.

Francisca Wilson
Year 7, 8 and Senior Biology Teacher
**GENERAL NEWS ...**

**Parenting & Enjoying Teenagers**

A relaxed, informative & enjoyable 6-week group program for Parents and Carers of children 10yrs+

Topics covered:
- Challenges of parenting & adolescent development
- Building on strengths
- Using effective and assertive communication
- Building your relationship with your teenager
- Setting limits and boundaries
- Life balance and self-care
- Dealing with anger - yours and your teenagers!
- Hot topics: sex, drugs, alcohol and drug use, driving, social media and more!

**BABI Youth & Family Service**

Established 1983

**TERM 1 - 2016: Dates for Group Programs**

**Evening Group**
Thursday Evenings
6.00pm to 8.30pm
11th February to 18th March
Venue: BABI Office
34 Bay Terrace, Wynnum

**Daytime Group**
Monday Mornings
9.30am to 12pm
15th February to 21st March
Venue: BABI Office
34 Bay Terrace, Wynnum

What past participants had to say about the group...
- "Definitely helped us as parents to cope with challenging teenagers"
- "Helpful to understand my teen and put things into perspective"
- "Gave me strategies to temper my response and encourage discussion in a supportive relationship"
- "Learned to see our teen for who they are, not just who we want them to be"

Cost is $60 or $90 for a couple (negotiable in some circumstances).
Refreshments will be provided.

BOOKINGS ARE ESSENTIAL - PHONE BABI ON 3393 4176

Once booked, payments can be made to BABI Youth & Family Service BSB# 084 129 A/C# 86662 9467 (please include in reference your surname followed by PET (eg. SurnamePET)
ARTS NEWS ..... 

Recent research in academic learning and achievement shows that students’ overall achievement is linked to active involvement in arts-making. Development of students’ higher-order thinking skills such as creativity, analysis and evaluation are refined through the creative processes in art, drama, dance, film, media and music. Mastery in an art form is a result of refinement through cycles of feedback, application and rehearsal. Our students at Capalaba are fortunate that they have highly skilled teacher-artists who can enrich their academic achievement through curricular and co-curricular programs.

Welcome to our new Senior Campus teacher of Dance & History, Ms Katie Blood, who has joined us from Toowoomba SHS. Ms Blood has generously agreed to run a co-curricular Extension Dance Team for students from Years 7-10 on Wednesday afternoons from 3-4.30pm. The starting date will be advised once auditions have been completed. A $200 fee/student will apply for successful auditionees. This covers the cost of eisteddfod entries, buses, costumes and consumables. Auditions will run Wednesdays in Lunch 1: Week 3 for Yr 7 & Yr 8 students; Week 4 for Yr 9 & 10 students. If students are absent during auditions, they are to see Ms Blood as soon as they return to school in the Language Learning Centre Staffroom.

Instrumental Music Senior Campus:
Students should have received loan agreement forms, enrolment forms and timetables on Thursday, 4th February. Please ensure forms are filled out and returned asap. Big Band (Jazz Band) rehearsals commence on Monday 8th February at 7.15am in MU02. Concert Band rehearsals commence on Tuesday 9th February at 7.15am in MU02.

Instrumental Music Junior Campus:
Beginning Instrumental Music students received a special introductory lesson on Thursday, 4th February. This gave the students an opportunity to learn how to set up and care for their instruments. Lessons commence on Thursday, 11th February for all Junior Campus Instrumental Music students. Band rehearsal (for continuing students only) will commence on Thursday 18th February at 7.45am in the Junior Campus music block. Please return loan agreement and enrolment forms asap.

FROM THE YOUTH SUPPORT COORDINATOR...

2016 has started with a large number of students continuing their School Based Traineeships. We also have new traineeships that have started or will be starting in the next few weeks in fitness, hospitality and automotive. Work experience placements are being organised and three students are commencing in Hospitality, Administration and Retail. We are pleased to announce we will have the first ever High School Student on placement with ATSILS working with solicitors within that organisation.

We, as a school community, are very thankful for the business partnerships we have already developed and new ones we are developing with both local businesses and further afield.

If you have a business or your place of employment is interested in providing a School Based Traineeship or Work Placement Opportunity please contact Mrs Alison Finlayson at the school.

HAVE YOU CHANGED YOUR ADDRESS?
MOBILE?
PHONE NUMBER?
EMERGENCY CONTACT?
Please contact the College Office with updated details.
Flashlight news at Capalaba State College

Recently Flashing School Zone signs were installed.

The College was nominated to receive these new signs as part of a Queensland Government commitment to improve school road safety.

You will notice that the new signs look similar to standard school zone signs with the addition of a red flashing ring around the speed limit as well as two flashing yellow lights at the top of the sign. The installation of flashing light school zone signs is proven to improve visibility of school zones, serving as an active reminder for motorists to slow down.

So next time you’re dropping off or picking up your child, keep an eye out for the new signs and make sure you stick to the signed speed limit.

Join Meteors Netball Club for the 2016 Season!

Stay healthy and have fun with friends!
Train at local courts (Windemere Rd Alexandra Hills opposite High School)
Saturday games at Redlands Netball Association Pinklands

Meteors Sign On Days 2016
Saturday 6th February 9am – 12pm @ Pinklands Courts, Thornlands
Sunday 7th February 9am – 12pm @ Meteors Courts, Alexandra Hills
Wednesday 13th February 3.30Pm – 6.30pm @ Meteors Courts, Alexandra Hills

For More Information or to register online – VISIT OUR FACEBOOK PAGE
OR
EMAIL: Meteorsnetball@gmail.com
Back to school!

As the school year begins, starting a new school, moving schools, changing classes, finding new friends and meeting new teachers will be top of mind for lots of young people in Australia. It’s normal for young people to feel nervous when beginning a new school and there are many things that young people can do to make the transition easier such as remaining in contact with old friends via emailing, social media or meeting up after school and weekends, finding ways to express how they are feeling like writing a journal, playing sport or talking to someone. ReachOut.com provides fact sheets, stories and forums to help make it easier for young people to adjust to new places, new people and new friends.

Getting help!

Knowing where, when and how to get help around mental health and wellbeing is vital for everyone, particularly for young people. People come in all different shapes and sizes, and so too does mental health help! Young people can access help online, via the phone and in person at school or via an outside service. Whether a young person thinks the thought is silly, more serious, or an emergency, there are services in your community where trained professionals can assist. For young people figuring out when they might need help and where to get help from, ReachOut.com can assist!

Setting goals and exploring motivation

Setting goals brings focus, motivation, allows young people to think about what’s working well, what’s not and ultimately, increases their chances of achieving things! When setting goals, the easiest place to start is to focus on things that are meaningful. Three goal setting starting points are:

- Start with things you enjoy
- Don’t get too caught up with ‘big’ things
- Think about what you don’t want

To keep motivation high it helps for young people to track and plot their progress towards goals—this can be through apps such as Goal Tapper or through a written journal. Making goals public with friends can also help keep motivation high.
USQ Change Makers Program

Your journey as a Change Maker starts here!

Have you got a passion to make a difference in your community?

The USQ Change Makers is a free program for senior high school students (years 11 & 12) who see the need for change in their community and take positive action to make it happen. These students are an essential ingredient to a thriving, resilient community. They lead by doing, and make the world a better place.

Why should students join Change Makers?

USQ’s Change Makers program is a unique leadership program that provides students who want to make a difference in the world with the skills and opportunity to make their ideas reality. Students will have the opportunity to develop their independent learning, teamwork and leadership skills.

The 2016 USQ Change Makers program starts with the Inspire event in March at USQ’s Springfield Campus to give you the skills and inspiration to take action in your community. You will hear from guest speaker, Samantha Gash and other inspir-

Invitation

Women in Airservices Careers Forum

Looking for an interesting career path to recommend to your students? Come along to our Women in Airservices Career Forum to explore the non-traditional career paths for women available at Airservices, Australia’s provider of air traffic control, aviation rescue fire fighting and air navigation services.

Airservices is committed to diversity and in line with our organisational values; we strive to create a work environment which is inclusive to all people. We recruit people who live our organisational values of excellence, cohesion, initiative, inclusion and courage.

The forum will provide you with the rare opportunity to tour Airservices facilities, meet the women and men who work in our operational environments and discuss potential career pathways available for your students.

Date: Wednesday 9 March 2016
Time: 11.00am - 2.00pm (lunch provided)
Address: Air Traffic Services Centre, Airport Drive, Brisbane Airport

Please RSVP with names and numbers by Wednesday 24 February 2016 to careers.forum@airservicesaustralia.com

Please contact us early as places are strictly limited. Security information and directions will be
FOREIGN COINS
Unfortunately we cannot accept ANY foreign coins in any payments to the College. Please note this includes both the Junior and Senior Campus tuckshops. **Coins from other countries are not LEGAL CURRENCY IN AUSTRALIA.**

Please check coins before giving to your child as this may result in your child not being able to order the lunch item they want.
BRAVE Program

GO TO brave4you.psy.uq.edu.au

The BRAVE program is an evidence-based program initiated at The University of Queensland (UQ) to help prevent and treat anxiety in children between the ages of eight and 17 is now available online.

The BRAVE program, which has been trialled and evaluated over 13 years, is a free online self-help therapy that allows young people and their parents to seek support for anxiety in the comfort of their own homes, using cognitive-behaviour therapy techniques.

Parents can complete the program together with, or independently of, their child to learn ways to help their children manage anxiety.

The BRAVE program was developed by researchers from UQ, Griffith University and The University of Southern Queensland in consultation with UniQuest, and is funded by beyondblue.

UQ researcher Professor Justin Kenardy said the self-paced program was fun, interactive and easy to use.

“Trials and evaluation of the BRAVE program have shown young people who use it notice a significant improvement in their anxiety, and many are able to overcome their worries,” he said.

Redlands Junior Touch

We have a sign on night on Friday the 5th of February 4pm—7:30pm at our clubhouse, Cleveland showgrounds in Long Street. On the night there will be a skills session from 5:30-6:30 for children to get a feel for the game. If they could please dress in clothing suitable for running.

We are a Friday afternoon competition running from 4:30pm onwards. Our season starts on 19th February and finishes on 17th June.

Please contact us on 0478646123 or email us at juniors@redlandstouch.com.au
Dealing with Video Gaming Addiction

What Can Parents Do?

Address the problem:
In a two-parent household, it is critical that both parents present a united front. As parents, each must take the issue seriously and agree on common goals. Discuss the situation together and if necessary, compromise on desired goals so that when you approach your child, you will be coming from the same page. If you do not, your child will appeal to the more sceptical parent and create division between you.

In a single-parent household, the parent needs to take some time to think about what needs to be said and to prepare for the likely emotional response from the child. A child who is addicted to the Internet or becoming addicted to it will feel threatened at the very idea of curbing computer time. A single parent needs to be prepared for an emotional outburst laden with accusatory phrases designed to make the parent feel guilty or inadequate. It is important not to respond to the emotion—or worse yet, get side-tracked with a lecture on disrespect. Acknowledge your child’s feelings but stay focused on the topic of his or her Internet use.

Show you care:
It will help to begin your discussion by reminding your child that you love him or her and that you care about his or her happiness and well-being. Children often interpret questions about their behaviour as blame and criticism. You need to reassure your child that you are not condemning him or her. Rather, tell your child you are concerned about some of the changes you have seen in his or her behaviour and refer to those changes in specific terms: fatigue, declining grades, giving up hobbies, social withdrawal.

Set reasonable rules:
Many parents get angry when they see the signs of Internet addiction in their child and take the computer away as a form of punishment. Others become frightened and force their child to quit cold turkey, believing that is the only way to get rid of the problem. Both approaches invite trouble—your child will internalize the message that they are bad; they will look at you as the enemy instead of an ally; and they will suffer real withdrawal symptoms of nervousness, anger, and irritability. Instead, work with your child to establish clear boundaries for limited Internet usage. Allow perhaps an hour per night after homework, with a few extra weekend hours. Stick to your rules and remember that you’re not simply trying to control him or her - you are working to free them of a psychological dependence.
Video Game Addiction

Background

It is recommended that children should limit “screen time” (time spent playing video games, using the computer, or watching television and movies) to one or two hours a day of “quality programming.” If your child is playing significantly more than this, or if video or computer games are negatively affecting his school or personal life, professional help may be in order.

Video games feed the brain’s reward centres in a similar way that drugs or alcohol produce an appealing “high.” As such, treatment for video game addiction often centres on the same principles as treatment for drug or alcohol addiction. Video game addiction is often a symptom of an underlying emotional or psychological issue such as depression or anxiety, and sometimes goes hand in hand with defiance, ADHD, and other conditions. In these cases, the child needs a treatment program that will address both video game addiction and any co-occurring emotional or behavioural issues.

Physical Consequences of Gaming Addiction

Physical consequences of gaming addiction include carpal tunnel, migraines, sleep disturbances, backaches, eating irregularities, and poor personal hygiene.

Treatment Strategies

* **Take the screens out of your child’s bedroom.** Don’t let your children have a computer or television in their bedrooms. Keep those devices out in a public space. And position the monitors so you can always see what is on their screen. If they are too embarrassed to have you see what they are doing, then they probably shouldn’t be doing it, right?

* **Make them earn game time.** This teaches kids how to prioritize real-life activities over the game. Perhaps they need to do certain chores before they can play. Or finish their homework. Or put in practice time at the piano. Almost any activity will do as long as it shows your child that time with the game comes at the bottom of their to-do list. These games are designed to keep kids playing nonstop. Requiring them to put time aside to do other things will help them develop time-management skills.

* **Try to help foster your child’s social life outside of the game.** Video games are sometimes an escape for children who find it difficult to relate to those around them. If you feel this is the case, then you should find other ways for your child to productively socialize. Also, if their friends play online games with them, find out! It becomes harder to control your child’s impulses when they have all their friends waiting for them to log on and play.

* **Don’t let the game become their primary reward system.** Give them goals outside of the game that they need to achieve. Often, addictive games are so enticing because they reward players for meeting certain goals. However, these goals are always replaced with harder, more time-consuming goals, so the player is never quite “done” with the game. If children feel that they have more important goals to achieve than those laid out in the game, they will be less inclined to want to play all day.

As a last resort, cut your video game-obsessed child off from the game entirely. This is not generally something that would be wise to do if your child is heavily addicted, as making them stop cold-turkey can create more problems than it might solve. But sometimes you just have to shut off the offending behavior. If you can, wean your child off of the game using some of the tips above so they can gradually learn how to prioritize their time correctly.